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TORONTO • MONDAY, MARCH 1, 2010 metronews.ca

Celebrity pg30

Damon jumps on whale band wagon

Former Leaf appeals sentence in deadly crash

TRIAL Former Toronto Maple Leaf Rob Ramage is arguing he should get a new trial on charges including impaired driving causing death because his Charter rights were violated shortly after a crash that killed his friend, former NHLer Keith Magnuson.

Suffering from a head injury and on morphine in the hospital after crashing a car, Ramage was not able to give informed consent when an officer requested a urine sample, he says.

Lawyers for Ramage are to go before Ontario's Court of Appeal today to ask for a new trial, or that his "harsh and grossly disproportionate" sentence be reduced.

He had been sentenced to four years in prison.

THE CANADIAN PRESS

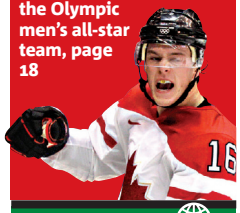
News on the Move

What's this barcode for?

Learn how to scan the barcode with the instructions at the top of pg 3

Vancouver Games

Metro brings you coverage of the final day of the 2010 Winter Olympics in Vancouver. • Today — Canadian forward Jonathan Toews and defenceman Shea Weber were named to the Olympic men's all-star team, page 18



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BRUCE BENNETT/GETTY IMAGES

Sidney Crosby waves the Canadian flag following Team Canada's 3-2 overtime victory in the men's gold-medal hockey game against Team USA on Day 17 of the Vancouver 2010 Winter Olympics at Canada Hockey Place yesterday.

Gold standard

Brimming with pride as Olympic hosts, Canada exploded in a collective spasm of national joy yesterday as hockey hero Sidney Crosby dispatched the United States in a tightrope-tense hockey thriller that capped the Games with a record-setting 14th gold medal.

Downtown Vancouver exploded in a deafening din of car horns and cowbells in the seconds after Crosby put the puck through U.S. goaltender Ryan Miller's legs for a 3-2 overtime win, avenging the American domination of an Olympic podium Canada originally had designs on owning.

14

Team Canada's gold medal win gave Canada a total of 14 gold medals — a new Olympic record.

Instead, the host country opted to rent the top floor: Yesterday's triumph set an Olympic record for most top-tier finishes in a Winter Games.

The partisan crowd — a roiling, flag-flapping ocean of Canadian colour, except for the odd island of Americana — shook Canada Hockey Place to its foundations when it was over, an uncharacteristic show of national pride rarely witnessed north of the 49th parallel.

"Before this, Canada only seemed patriotic when there was a beer commercial on TV," said Tony Sam, 41, who drove to Vancouver with friends from Chilliwack, B.C., to watch the game.

"This is the most exciting thing that's happened in Canada, maybe ever."

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Tomorrow's Metro

Comment
Lawrence Martin gives us his take on the Canadian political scene.

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Landlords won't cut rent: Tenants

Thousands claim owners aren't passing on benefit of lower property tax

For Prabir Kar, the fight over $18.61 was a matter of principle.

In December, he received a notice from the city, one of 128,000 sent to tenants across Toronto, telling him he was eligible for a rent reduction because his landlord had got a break on the property tax.

But when he paid January's rent — $961.06, down from the $979.67 he had paid the month prior — he says his landlord returned the cheque.

"They refused to take my new rent," the 41-year-old student said. It wasn't until he and several neighbours complained to their landlord that he got the reduction.

The $18 a month wouldn't make a big difference in his day-to-day life, he said. But that wasn't the point: "It is my money," he said.

Kar is among thousands of renters across the GTA who claim their apartment owners aren't passing the automatic tax breaks along to their tenants.

2.49 If taxes on a property with rental units go down more than 2.49 per cent, provincial law states landlords are obliged to pass the savings along in the form of reduced rent.

The Federation of Metro Tenants' Association has fielded around 3,000 calls since the city sent out notices. Of those calls, more than half of the tenants claim their landlords have been harassing them or obstructing from paying the reduced rent, said Tenant Hotline co-ordinator Geordie Dent.

However, an association of apartment owners says that, in many cases, the rent reductions shouldn't have been offered and they are vowing to challenge the tax cut.

When accounting for the decrease in property taxes, the city didn't factor in its new multi-unit waste levy, which would offset the tax break, said Greater Toronto Apartment Association president Brad Butt.

The waste levy, introduced in 2008, is intended to encourage waste diversion by charging for garbage collection while picking up recycling for free. TORSTAR NEWS SERVICE

Flash-mob dancers invade Eaton Centre

LEGACY Idling Eaton Centre shoppers were almost bowled over by skipping, prancing little girls yesterday morning, when a group of 200 dancers convened in the mall's centre court, seemingly out of nowhere.

To the strains of Yolanda Adams' feel-good I Believe, the mass of bodies — which, at closer glance, also included a number of adult women and a few random guys — clapped, spun, hopped and smiled. And then, when the music ended, they were gone.

This was a random collection of people who had heard about yesterday's flash mob through one social networking source or another.

It was organized by Mississauga's Kim MacGregor in honour of her late friend Erika Heller. After Heller died from colon cancer last year, at age 31, MacGregor says she wanted a way to share her friend's enthusiasm and positive energy with women around the world.

MacGregor asked Maureen Morkill, the choreographer from her daughter Madison's dance troupe, to help put together a routine that would help create "the largest living legacy of friendship in the world."

The group filmed the event for a YouTube video that they hope will get one million views. They'd also like to raise some money for Look Good Feel Better, a charity that helps cancer patients "feel radiant and beautiful," of which Heller was a spokesperson. TORSTAR NEWS SERVICE

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Flash-mob dancers at the Eaton Centre move to the sounds of I Believe by Yolanda Adams. Kim MacGregor organized the event in honour of her friend Erika Heller, who died of colon cancer.

G20 to turn city into no-man's land

SUMMIT In four months, downtown Toronto will be transformed from cosmopolitan high life to a barricaded no-man's land.

On June 26 and 27, when the G20 summit will take place at the Metro Toronto Convention Centre, razor-wire fences will line the streets, helicopters will clatter overhead and throngs of screaming protesters may crash against police officers in riot gear.

Although the RCMP-led Integrated Security Unit says it will strive to maintain a "business as usual" atmosphere for Torontonians, barricades are likely to be necessary and several security zones will be established around the downtown core.

Security perimeters are still being mapped out, but the Waterfront Business Improvement Area says police have told them zones could stretch as far north as Queen Street and Spadina Avenue. TORSTAR NEWS SERVICE

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Toronto revellers raise money at gold-medal game

More than 100 bars, restaurants and clubs across Toronto saw a flood of hockey fans arrive yesterday afternoon to watch Canada take on the United States in the Olympic men's gold-medal game as part of the 'Golden Game' event to raise money for charity. METRO NEWS SERVICES

Doctor for the funny bone

Professor Bernie Warren wears two hats.

During the day he teaches drama and education at the University of Windsor. But off-hours he dons a colourful fool's hat, complete with bells, and turns into "Dr. Haven't-A-Clue."

Warren is a clown doctor and this week he will share his expertise in promoting the health benefits of humour at a medical clown conference in Toronto.

Some 1,000 people are expected to attend workshops and shows throughout the week. About 50 are clowns, but don't expect any red noses at this event. Medical clowning can be serious business.

"Laughter has the amazing power to help people communicate and build bridges."
Bernie Warren, clown doctor

"The symposium is looking at the connections between humour and healing and laughter, clown work," explains Warren, who is researching the use of art and humour in the care of seniors with dementia.

He regularly visits hospitals and long-term care facilities in clown garb and has seen how patients connect with the character, with some even experiencing improved lucidity and memory. "Laughter has the amazing power to help people communicate and build bridges … It's just extraordinary, the changes that can occur," he says.

TORSTAR NEWS SERVICE

HANDOUT PHOTO

University of Windsor professor and medical clown Bernie Warren.

Long-awaited RBC bank branch heralds new era in Regent Park

FINANCES Regent Park residents finally have a bank in their community, something they've wanted for years.

Previously, tenants had to rely on cheque-cashing outlets or walk quite a distance to find a bank. They don't tend to appear in abundance near public housing neighbourhoods.

Officials with Toronto Community Housing say their research shows there hasn't been a bank on the Regent Park "footprint" since the housing was built decades ago.

But that all changed quietly a few weeks ago, when the shiny new RBC branch near the corner of Parliament and Dundas opened its doors — a 3,500-square-foot, full-service bank.

The branch, which will have a grand opening event today, is nestled at the bottom of the new One Cole condominium in Regent Park. Both are part of the billion-dollar remake transforming the neighbourhood from concentrated public housing to a mixed housing community.

TORSTAR NEWS SERVICE

TRANSITCITY
MOVING TORONTO INTO THE FUTURE

Scarborough Rapid Transit Conversion & Extension, Including Kennedy Station Improvements

Preliminary Planning - Notice of Public Open Houses

Public Consultation - We are holding two Open Houses during the preliminary planning stage, where you can learn more about this proposed transit project, ask questions, and share your comments. The open houses will occur as follows:

Date: March 8, 2010
Time: 6:30 pm to 9:00 pm
Location: Jean Vanier CSS (cafeteria)
959 Midland Avenue (n. of Eglinton)

Date: March 11, 2010
Time: 6:30 pm to 9:00 pm
Location: Chinese Cultural Centre
5183 Sheppard Avenue East (at Progress Ave.)

Background - The City of Toronto and TTC are building "Transit City", an exciting initiative to provide a network of light rail transit lines across Toronto. Transit City will provide fast, reliable and accessible service. The conversion of the existing Scarborough Rapid Transit (SRT) line and extension, including Kennedy Station improvements, are important parts of Transit City and will support local economic development, help reduce greenhouse gas emissions, and provide effective alternatives to driving.

Scarborough RT Conversion - The existing vehicles on the SRT are reaching the end of their life expectancy. The existing SRT will be modified to accommodate new LRT vehicles, the same as those which are to be used on other Transit City LRT lines.

Scarborough RT Extension - The proposed extension of the Scarborough RT will provide rapid transit to northeast Scarborough, including a direct connection to the Sheppard East LRT. The first phase of the project will extend the line from McCowan Station to Sheppard, via an exclusive right-of-way. Phase two will extend the line to the Malvern Town Centre.

Kennedy Station Improvements - Kennedy Station will be redeveloped to accommodate the new LRT vehicles and to significantly improve the connection between the subway and Scarborough RT. Plans will also accommodate the new Eglinton Crosstown and Scarborough Malvern LRT lines.

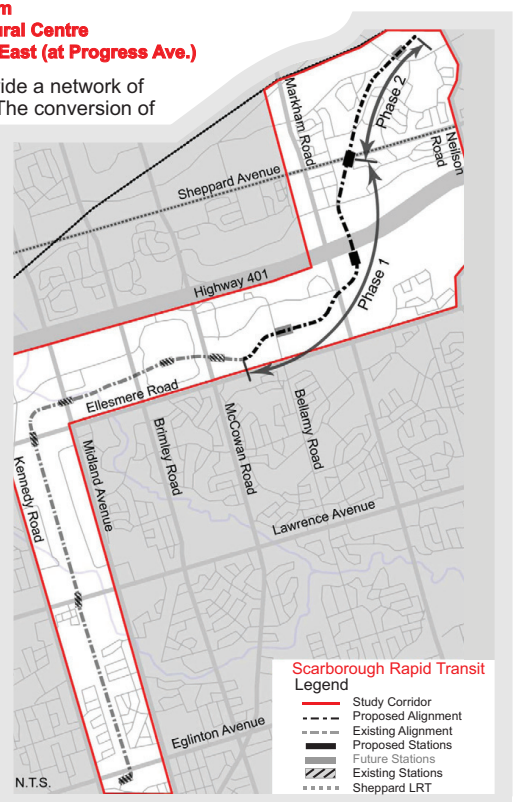
At the upcoming open house the TTC will present:

- *Information on the conversion of the existing SRT*
- *The phased plans for the SRT extension*
- *The plans for a new Sheppard Station, which include a bus terminal and Passenger Pick-Up and Drop Off, in the vicinity of the Chinese Cultural Centre*
- *The plans for Kennedy Station improvements*

Official Plan Amendment - An Official Plan Amendment will be required to amend the City's Official Plan, Map 4 Higher Order Transit Corridors, to reflect the extension of the Scarborough RT north east from its existing terminus at McCowan Station.

Next Steps - Following the Open Houses, there will be an opportunity for the community to submit comments and questions in advance of a formal Transit Project Assessment. Additional open houses will then be scheduled in the Spring.

Information will be collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act. With the exception of personal information, all comments will become part of the public record.



We would like to hear from you - If you would like to provide comments or obtain more information please contact:

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Canada

Last World War I vet remembered

Family, friends and some Canadian dignitaries gathered in Spokane to honour John Babcock, Canada's last soldier from the First World War, who died this past week at the age of 109. Babcock died Thursday in Spokane, Wa. where he had lived since 1932. At a memorial service Saturday, Gen. Walter Natnczyk said Babcock captured the spirit and courage of the 650,000 Canadians who fought in the Great War. THE CANADIAN PRESS

Chilean Canadians worry

Community comes together after earthquake hits their nation

Germain Garcia choked back tears yesterday as the emotions of the last 24 hours following the massive earthquake in Chile finally spilled over.

The Chilean-Canadian stood in the basement of Notre Dame de Guadalupe church in Montreal, surrounded by families lining up for tamales, empanadas and plastic cups filled to the brim with sugary horchata, and thanked God for sparing his family in the earthquake that struck Chile Saturday.

"We were worried until yesterday (Saturday) afternoon when we heard from them," he said. "They're fine, but the house was badly shaken, the windows broken, the bathroom gone. But it's just material goods."

He listed the ways in which Chile had narrowly avoided worse devastation: those left homeless can live outside in the warm summer weather and the overnight tremor hit when many roads and buildings stood empty.

Some 10,000 Chileans live in Quebec. Many Chileans had finally heard from family and friends after many frantic and sleepless hours, others, like Oscar Lavin, are still waiting.

"I have ten brothers," he said. "I started at seven this morning. I made 70 phone calls." His family lives in the capital, Santiago, 300 kilometres from the quake's epicentre.

THE CANADIAN PRESS

MORE COVERAGE PAGE 6

ROBERTO CANDIA/THE ASSOCIATED PRESS

A resident in Pelluhue, Chile, some 322 kilometres southwest of Santiago, searches yesterday for belongings in the rubble of her house destroyed by Saturday's magnitude-8.8 earthquake.

m.metronews.ca

SCANLIFE

Last week's cross-burning was no surprise to many black Nova Scotians who face deep racial divide. Scan this code for the story.

Parliament set to resume this week

POLITICS Let the political games begin — again.

Amid the afterglow of Olympic euphoria, Prime Minister Stephen Harper's Conservatives will launch a new parliamentary session this week aimed at steering the country through a fragile economic recovery.

Instead the Tories return to work locked in a dead heat with the Liberals, their pre-Christmas lead in opinion polls frittered away amid the public outcry over Harper's decision to suspend Parliament.

While they're keeping their election sabres sheathed for now, opposition parties are hoping to continue stoking those prorogation fires even after Parliament gets back to work. THE CANADIAN PRESS

PM's reason

- Prime Minister Stephen Harper maintained the extended break was necessary to "recalibrate" the government's agenda as it makes the transition from a stimulative spending binge to post-recession deficit reduction.

Airport opposite-sex screening banned

AIR SECURITY Canada's air-security agency has ordered officers to stop the routine screening of travellers of the opposite sex.

Instead, passengers who set off an alarm as they walk through airport metal detectors must be searched by a screening officer of the same sex.

The official policy change was quietly disseminated by the Canadian Air Transport Security Authority in December to the firms it contracts to handle security at 89 airports across the country.

A copy of the bulletin was obtained by The Canadian Press under the Access to Information Act.

Once a metal-detector alarm is triggered at a passenger checkpoint, the screening of a traveller can be invasive. A hand-held device is run along all parts of the body scanning for metal. Belts can be ordered unbuckled, shoes removed. A spokesman for the agency said "no particular incident" triggered the new bulletin. Rather the change is "simply CATSA's desire to improve its policies and procedures." THE CANADIAN PRESS

News in brief

LAW More than 14 years after native protester Dudley George was killed by police during a confrontation over disputed land, Ontario is poised to take the final step in relinquishing control of Ipperwash Provincial Park.

ANALYSIS An analysis by the Quebec Ministry of Finance suggests the province has one of the most heavily indebted economies in the world. THE CANADIAN PRESS

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Giant granite head of pharaoh unearthed

Archaeologists have unearthed the massive red granite head of one Egypt's most famous pharoahs who ruled nearly 3,400 years ago. The head of Amenhotep III, the grandfather of Tutankhamun, is about the height of a person and was found in the ruins of the pharaoh's mortuary temple in the city of Luxor. THE ASSOCIATED PRESS

World

Obama can't quit smoking habit

U.S. President Barack Obama hasn't kicked his smoking habit, takes anti-inflammatory medication to relieve chronic tendinitis in his left knee and should eat better to lower his cholesterol, his team of doctors concluded yesterday after the 48-year-old's first medical checkup as commander in chief. The White House physician, U.S. Navy Capt. Jeffrey Kuhlman, said Obama should stick with "smoking cessation efforts," the use of nicotine gum, and come back in August 2011 after he turns 50. THE ASSOCIATED PRESS

Allies needed to secure Marjah

AFGHANISTAN More than 2,000 U.S. Marines and about 1,000 Afghan troops who stormed the Taliban town of Marjah as part of a major NATO offensive against a resurgent Taliban will stay several months to ensure insurgents don't return, Marine commanders said yesterday. Meanwhile, insurgents are striking back by attacking resupply convoys moving in and out of Marjah with roadside bombs. THE ASSOCIATED PRESS

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SCANLIFE

What effect will the return of former Pentagon favourite Ahmad Chalabi have as Iraqi elections near? Scan this code for the story.

More than 700 dead after Chile earthquake

Heroism and banditry mingled on Chile's shattered streets yesterday as rescuers braved aftershocks digging for survivors and the government sent soldiers and ordered a nighttime curfew to quell looting. The death toll climbed to 708 in one of the biggest earthquakes in centuries.

In the hard-hit city of Concepcion, firefighters pulling survivors from a toppled apartment block were forced to pause because of tear gas fired to stop looters, who were wheeling off everything from microwave ovens to canned milk at a damaged supermarket across the street. Efforts to determine the full scope of destruction were undermined by an endless string of terrifying aftershocks that continued to turn buildings into rubble.

Officials said 500,000 houses were destroyed or badly damaged, and President Michele Bachelet said "a growing number" of people were listed as missing.

"We are facing a catastrophe of such unthinkable magnitude that it will require a giant effort" to recover, Bachelet said after meeting for six hours with ministers and generals in La Moneda Palace, itself chipped and cracked.

She signed a decree giving the military control over security in the province of Concepcion, where looters were pillaging supermarkets, gas stations, pharmacies and banks. Men and women hurried away with plastic containers of chicken, beef and sausages.

THE ASSOCIATED PRESS

Dozens trapped

- In hard-hit Concepcion, a new 15-storey apartment building toppled onto its side. Many of those who lived on the side that wound up facing the sky could get out; those on the other were trapped. An estimated 60 people remained trapped yesterday.

Ukraine **Not on the podium**

FEDIR LUKATSKY/THE ASSOCIATED PRESS

Ukrainian police keep an eye on a protest by activist group FEMEN in Kiev yesterday. The group was demonstrating the Ukraine's poor performance in the Vancouver Winter Olympics, calling for better funding for sports.

News in brief

NETHERLANDS Radovan Karadzic, accused of the greatest mass murder in half a century, is in court today. The former Bosnian Serb leader will outline his defence at the resumption of his genocide trial. THE ASSOCIATED PRESS

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Thousands of dead fish wash up on Brazilian shore
Workers in a popular Brazilian beachside lagoon in Rio de Janeiro have cleared nearly 78 tons of dead fish as of yesterday, news website G1 says. There is no immediate estimate of how many died, but several species are involved. THE ASSOCIATED PRESS

Purim **Colourful revelry**

BERNAT ARMANGUE/AP PHOTO

Jewish settlers are dressed in costumes as they participate in the annual Purim parade in the divided West Bank town of Hebron yesterday. Purim commemorates the rescue of Jews from genocide in ancient Persia.

Storm pounds Europe

At least 51 dead, France declares 'national catastrophe'

A violent late winter storm with fierce rain and hurricane-strength winds ripped across western Europe yesterday, battering France and four other countries, leaving at least 51 people dead.

The storm, named Xynthia, was the worst in France since 1999 when 90 people died. Prime Minister Francois Fillon held an emergency cabinet meeting and afterward called the storm a "national catastrophe."

Many of the at least 45 victims in France drowned, while others died when hit by parts of buildings or trees and branches that were ripped off by the wind. At least a dozen people were missing yesterday and 59 others were injured. Three people died in Spain, one was killed in Germany and a child was crushed to death in Portugal. The storm also hit Belgium, with one death reported there. Although Britain was not hit, London's Thames Barrier — the capital's flood defence — closed yesterday as a precaution.

Nearly 900,000 people in France were without electricity. Flights were delayed and at least 100 cancelled at the two main Paris airports.

THE ASSOCIATED PRESS

News in brief

SCIENCE Operators of the world's largest atom smasher restarted their massive machine yesterday in a run-up to experiments probing secrets of the universe, a spokeswoman said. The European Organization for Nuclear Research, or CERN, sent low energy beams of protons in both directions around the 27-kilometre tunnel housing the Large Hadron Collider under the Swiss-French border at Geneva, said CERN spokeswoman Christine Sutton.

THE ASSOCIATED PRESS

Trainer's death a PR challenge for SeaWorld

FLORIDA After decades cultivating a corporate image around one of the ocean's greatest predators, SeaWorld managers must reassure visitors that a killer whale's fatal mauling of its trainer doesn't mean the parks aren't safe.

Veteran trainer Dawn Brancheau, 40, was killed Wednesday by the killer whale Tilikum, in front of a horrified audience. SeaWorld halted Shamu shows at the Orlando theme park and at sister parks. Employees wept and audience members grew silent as the theme park's popular show resumed Saturday with a photo montage memorial for Brancheau.

Dawn Brancheau

Marketing and public relations experts say what the company does in coming days will be key to preserving its image. Glenn Bunting of crisis management firm Sitrick and Co., said SeaWorld needs to respond promptly and proactively.

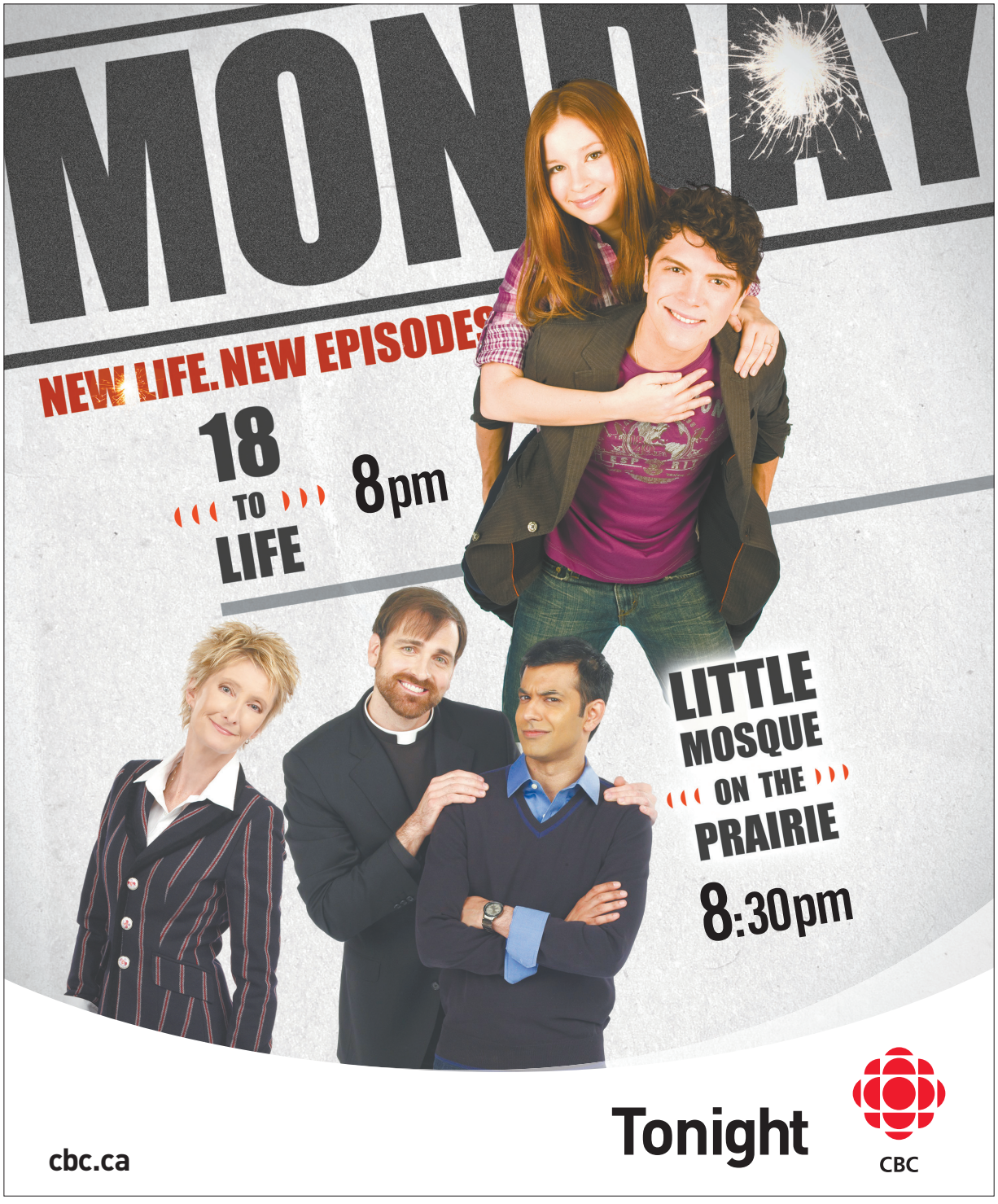
THE ASSOCIATED PRESS

News in brief

U.K. Britain's defence ministry says it will shred records of UFO sightings after a huge rise in the number of reports submitted by the public. The Ministry of Defence said yesterday that new reports will be thrown out after 30 days. The ministry had 634 reports of UFO sightings in 2009.

U.S. The White House called for a "simple up-or-down" vote on health care legislation yesterday as Speaker Nancy Pelosi appealed to House Democrats to get behind U.S. President Barack Obama's chief domestic priority even it if threatens their political careers.

THE ASSOCIATED PRESS



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Comment

Transit complaints not just for TTC

InTransit

Ed Drass

metronews.ca/intransit

Now that the TTC is finally waking up to deep dissatisfaction among its riders, what's happening in the rest of the GTA?

Are other transit agencies any more attuned to the morale of their passengers?

I don't often hear from readers who use local systems in 905, but recently Neil Bruce of Markham contacted me about problems with York Region Transit and Viva, the local and express bus network north of Toronto.

He's been sending YRT complaints about service problems and says the responses have not been helpful.

Sounds familiar — I hear the same from TTC and GO Transit users.

His beefs include ineffective countdown monitors at Viva stops as well as a high number of fare-vending machines that simply won't vend fares.

Updated arrival times are a major help — if they are correct — but such technology doesn't relieve transit operators from providing reliable service.

For Richard Leary, the brand new manager of YRT/Viva, a key problem to tackle is one experienced by Mr. Bruce and transit riders everywhere: Vehicles that don't stay on schedule.

The inconvenience of a bus running very early or late may be reduced now that YRT offers "real-time" estimates of when buses are expected at stops. Riders can get these via phone, email or the website yrt.ca.

Updated arrival times are a major help — if they are correct — but such technology doesn't relieve transit operators from providing reliable service. Leary, who was previously a senior manager for Boston's transit network, says talks with YRT and Viva staff have convinced him that one of the biggest needs is to give each bus enough time to complete its route.

He says routes that generate the most complaints could be first to have more minutes added.

YRT and the private companies that actually operate York Region's buses now have a tricky balancing act: Stop asking employees to keep to impossible schedules — without giving so much extra time that buses plod along, well under the speed limit.

Riders of 905 transit agencies: Please send me your top complaints.

Toronto-based transport writer Ed Drass covers transit issues every Monday; transit@eddrass.com.

Quick Tip

- For ways to get real-time vehicle info in York Region, visit yrt.ca. The TTC plans to roll out a similar service in 2010 and 2011.

Views

Olympic world is way more fun

HineSight

Anne Hines

metronews.ca/hinesight

Monday morning. March 1. It's no longer the winter Olympics. Now it's just winter. And where I live, it no longer feels like Christmas morning as we bound out of bed every day eager to discover what new medals arrived during the night.

Worst of all, my prized red mittens with maple leaf decals have gone from being the trendiest winter accessory to being just a souvenir.

Why can't the Olympics last forever? The Olympic world is simpler than real life. In Olympic World, success isn't as complicated and overwhelming as passing a national policy on global warming — it's simply whether or not our speedskater got across the finish line first.

Compare:
Real world:

Partner: You're still on the couch. You were there when I left nine hours ago.

You: It's a "Flip this House" marathon.

Partner: I'm so leaving you for someone who takes out the garbage.

Olympic world:

Partner: You're on the couch. You've been there all day.

You: It's the Olympics.

Partner: Of course. Let me get you a snack.

Or,
Real world:

Me: Let's watch women's sports tonight.

My friend, Rob: Oh yes, let's. Oh dear. There's only men's sports on again. Oh, well ...

Olympic world:

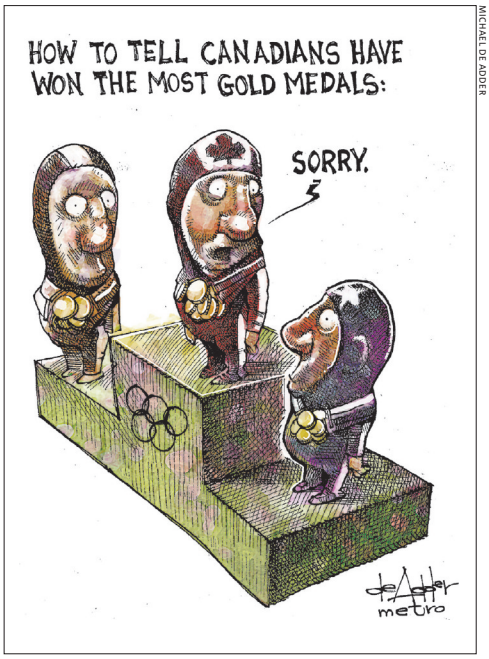
Me: You know, since 80 per cent of Canadian medals in the last two Olympics were won by women, don't you think it makes sense to fund only sports for female athletes?

Rob: (gasping, choking and making other very satisfactory noises)

I realize the Olympics can't last forever. Sooner or later Rick Mercer would run out of human interest stories to tell. Possibly by this Friday. Announcers would start interviewing athletes' pets. And by July it may be too warm to wear my official 2010 toque. Sometime, we have to return to the real world.

But not yet. For a few days, I'm holding onto the pure, simple joy of feeling that our country is the centre of the universe and happiness is no harder to obtain than a bronze in snowboard cross. And then, I'll return to real life again. But only for another four years.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

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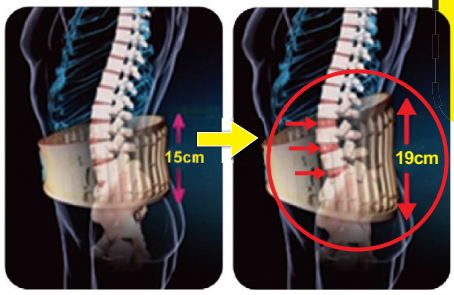
- ✓ Support lower back & increase core strength
- ✓ Stabilize & align spine and improve posture
- ✓ Stretch & relieve tight lower back muscles
- ✓ Relieve lower back pain & stiffness

Dr. Michael Ho Back Specialist

How DR-HO'S Belt works:

1. Wrap DR-HO'S Decompression belt firmly around your waist.
2. Clip air pump nozzle onto the belt.
3. Inflate the belt by pumping the air pump. The belt will expand vertically, gently stretching and tractioning the lower back.
4. Remove the air pump nozzle from the belt and enjoy. Feel the relief in as little as 20 minutes!



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P.J. Lemieux

The belt is very comfortable and it helps to take the stress off my lower back. I feel that I now have better posture and I see how that is very beneficial. I can see this being used by people with chronic back pain and its pharmaceutical free and so easy to do. You just strap on the belt, inflate and you can feel it work right away because it takes the stress off the lower back. You've got nothing to lose if you suffer from back pain. Definitely this is worth trying!

Dr. Michel Rice

"Every patient with back pain should be wearing this belt because it gives you core strength and support in your spine, and a traction effect for great pain relief. The great thing is that patients with chronic back pain can wear this belt and get their life back. They can feel more confident, be more active, and do things that they love doing."

Sports Doctor Dr. Carson

"This device helps with the lower back, I understand it, I enjoyed it and I endorse it. This belt I think is quite an advantage to other lumbar belts. I see this as a device that will assist in reducing the muscle spasm. I certainly look forward to prescribing this belt because I realized the benefits myself."

Dr. Michael Ho is a Canadian doctor with over 20 years of clinical experience specializing in treating chronic back pain, including Scoliosis, Spinal Stenosis and Herniated / Bulging discs. Having studied and worked in countries including Canada, United States, Sri Lanka and China, Dr. Ho has devoted his life to the study of Health and Wellness. Dr. Ho has been recognized for his ability to identify and correct the cause of the pain providing longterm relief for his patients.

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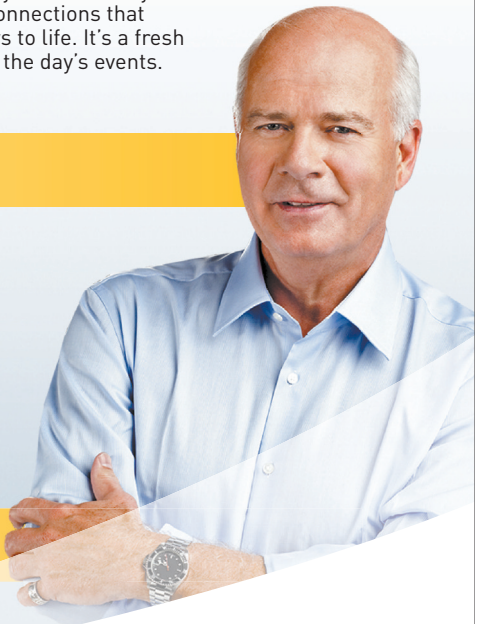

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CBC news network

Canadians cautious, fraud prevention month poll finds

Ninety per cent of Ontarians take preventive steps to avoid becoming a victim of fraud, from shredding documents, to shielding their personal identification number (PIN), according to a TD Canada Trust fraud prevention month poll. METRO NEWS SERVICES

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

DEBT Intrawest, owner of the Whistler Blackcomb Olympic ski venue, will not be sold off during the Games after its debt-laden owner won a second extension from its lenders. A source said creditors have granted Fortress Investment Group LLC another delay on an auction, as the firm and its lenders continue talks to rework its debt. THE CANADIAN PRESS

Stock traders expected to tread carefully ahead of key reports

BUDGET Expect March trading to get off to a subdued start this week as investors await a raft of top-drawer economic news, including an announcement from the Bank of Canada on interest rates.

Also coming is the latest reading on Canadian economic growth and a fresh reading on the U.S. manufacturing sector. But investor attention will be particularly focused on developments in the Greek debt crisis and the release of the U.S. non-farm payrolls report on Friday. THE CANADIAN PRESS

Internet's dark side

Tips to help you guard against online fraud

HEATHER BUCHAN
For Metro Canada

The Internet has afforded many conveniences — banking, shopping, dating and getting the latest news — all from home.

But there's a darker side to Internet use: Increased risk of becoming a victim of fraud. Internet fraud comes in many forms, from phishing, to click fraud, to spam, to online marketing, to contests and surveys. The list goes on.

In the past few years, the RCMP, which operates Phonebusters, Canada's online crime-fighting agency, has seen an alarming rise in the number of Internet-based scams in Canada.

Because the Internet is a decentralized network of computers with no controlling company or government, it's all the harder for police to crack down on cyber-criminals. In addition, many laws don't yet reflect technological advances, making it difficult to lay charges.

Tim Richardson, an e-commerce professor at Seneca College, says much of the online fraud is building towards identity theft, which is why it's imperative to protect sensitive information.

Here, some ways to guard against Internet fraud:

Fraud Prevention

- Use a different user ID and password combination for different accounts.
- Make the passwords more complicated than just letters and numbers, and change them regulary.
- Protect your computer with anti-virus software, spyware filters, email filters and firewall programs.
- Before entering personal information on a website, look for the "lock" icon in your browser. A closed lock or padlock indicates that you are on a secure website.
- Before entering data on any website, read their unique privacy and security policies before entering any personal information.
- If you suspect any fraudulent activity online, report it to the police.
- Shop only from reputable online stores and make sure their websites use encryption.

Olympic sponsors strike gold

MARKETING Wayne Gretzky clutched a recyclable torch as he rode in a hybrid pickup to ignite the natural gas Olympic flame, shining an international spotlight on the creators of those clean energy innovations.

This moment was a veritable showcase of products, from high-profile corporate sponsors seeking to tie their brands, to Vancouver's promise to host the greenest Games in history, including Bombardier Inc., which manufactured the mostly recyclable torch.

Environmental sustainability is a well-publicized theme for the Vancouver Olympic organizing committee, which pressured corporate sponsors like Canadian Pacific Railway, to reduce their environmental footprints. THE CANADIAN PRESS

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ScanLife
"It's like Tiger Woods." As Toyota's woes mount, this week's Geneva Auto Show is crucial to a comeback. Scan this code for the story.

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Gatorade drops Tiger
A representative for Gatorade has confirmed that it had ended its relationship with Tiger Woods but would continue its relationship with with his charity, the Tiger Woods Foundation serving disadvantaged children. THE ASSOCIATED PRESS

U.S. Buffet calls for accountability among CEOs

SETH WENIG/THE ASSOCIATED PRESS FILE PHOTO

In his annual letter to Berkshire Hathaway Inc. shareholders, Warren Buffett encouraged corporations to develop meaningful penalties for top executives who misjudge risk. He lamented that shareholders have borne most of the burden of recent company failures.

Aging workforce driving costs

LABOUR Experts say the escalating price of a new hospital in Truro, N.S., is due in part to a growing shortage of skilled workers.

The hospital was initially priced at $104 million but has grown to $180 million.

Nova Scotia is experiencing a steady decline in skilled workers, the product of an aging workforce and a declining birthrate. THE CANADIAN PRESS

In brief

GOOGLE Privacy regulators are telling Google to warn people before it sends cameras out into cities to take pictures for its Street View maps and to shorten the time it keeps the photos. THE ASSOCIATED PRESS

Control deficit now: Experts

Canada could be heading for a fiscal train wreck, and Finance Minister Jim Flaherty should start planning how to head it off in Thursday's federal budget, say analysts who have looked at the long-term implications of the country's retiring baby boomers.

"So far, the government has basically said there isn't a problem," said Scott Clark, a former deputy minister of finance. "The thing about demographics is that they are pretty reliable because you can't change fertility rates overnight. You cannot deny the reality that it's coming."

Don Drummond

Over the next 40 years, the ratio of retirees to workers will go from one in five to one in two, decimating government revenues and increasing social costs.

The current annual deficit of $56 billion, caused mainly by a weak economy, will give way to a permanent one of between $20 and $40 billion in as little as five years, experts predict.

TD chief economist Don Drummond hopes the Tories don't repeat the mistakes of the 1970s and 1980s, when politicians assured Canadians that economic growth would solve the problem.

"The experience of the '60s and '70s and '80s shows it is very easy to let this slip away from you," he said. THE CANADIAN PRESS

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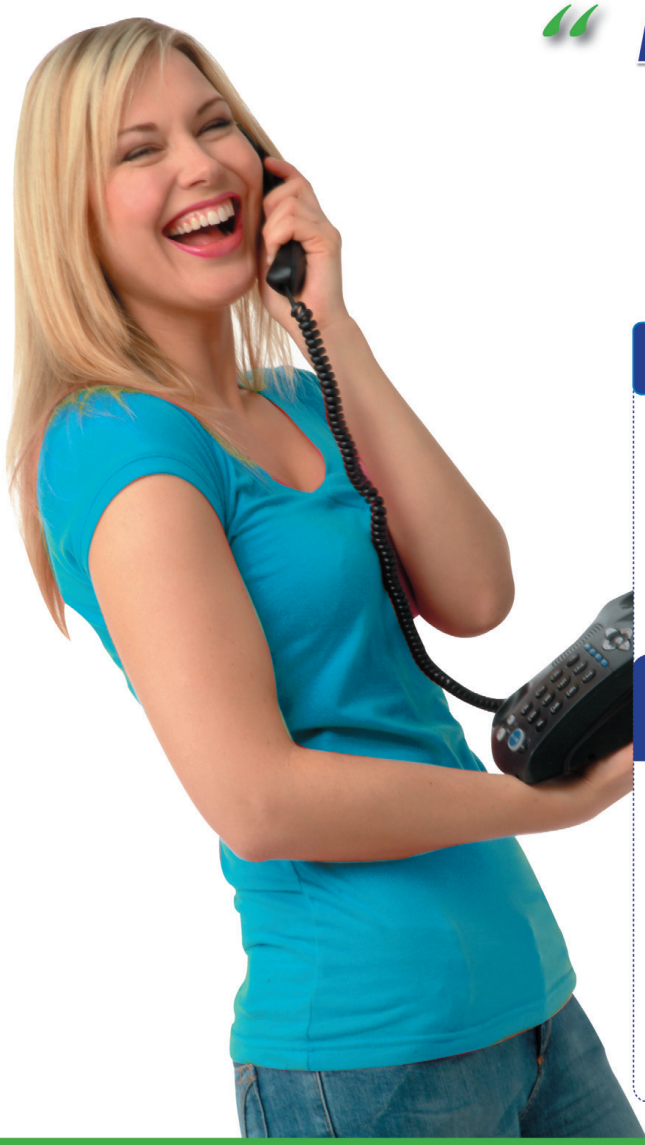

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China..... 2.9 ¢	Ecuador.....12.9 ¢	El Salvador. ..... 9.9 ¢	Jamaica..... 8.9 ¢
Jordan.....3.9 ¢	Kenya.....from .6.9 ¢	Kuwait.....6.9 ¢	Lebanon ..... 9.9 ¢
Libya.....24.9 ¢	Nepal.....from 7.9 ¢	Oman..... 14.9 ¢	Fiji..... 24.9 ¢
Ghana.....9.9 ¢	Greece.....2.9 ¢	Guatemala.... 10.9 ¢	Guyana.....27.9 ¢
Honduras.....15.9 ¢	Iraq.....from 4.9 ¢	Israel.....2.9 ¢	Italy..... .2.9 ¢
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PostGame

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Sports

Watch out for England: Dunga

Brazil coach Dunga says England and Spain are the main favourites to win the 2010 World Cup, along with his own team. He tells SporTV that "England will be very strong" with Fabio Capello, as the Italian coach will be able to make his players as competitive in the national team as they are at club level. Dunga says Spain will be the main favourite as the 2008 European champion is "continuing to play well." THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

MAN U Wayne Rooney scored his 28th goal of the club season as Manchester United retained the Carling Cup with a 2-1 victory over Aston Villa yesterday. Rooney sent a powerful header over American goalkeeper Brad Friedel in the 74th minute to settle the first meeting of U.S.-owned clubs in an English final.

SOCCER Italy coach Marcello Lippi named three new faces in his 23-man squad for Wednesday's friendly match against Cameroon in Monaco. Palermo goalkeeper Salvatore Sirigu, Bari defender Leonardo Bonucci and Cagliari midfielder Andrea Cossu were all included in the Italy squad for the first time yesterday.

BASEBALL Chan Ho Park has joined the New York Yankees. The 36-year old Park took part in his first workout with the team yesterday. The South Korean right-hander agreed to terms last week on a $1.2 million US, one-year deal with an additional $300,000 in incentives. METRO NEWS SERVICES

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Jays not rushing McGowan

Dustin McGowan was pitching to major league hitters yesterday for the first time in more than a year and a half.

Having him make Toronto's opening-day roster is not a priority for the Blue Jays — and it shouldn't be for McGowan, either.

"We've talked to him about it. That date is non-existent for us with him," general manager Alex Anthopoulos said.

"If it happens to fall on that date, great. If it happens a week later, that's fine as well, even three months after that.

"This is a young guy who certainly has a great chance to be part of this organization for a long time and we want to make sure we get it right and not take any chances."

The 27-year-old last pitched on July 8, 2008, and was removed early in a game against Baltimore with a sore right shoulder.

Two days later he went on the disabled list and underwent surgery July 31 to repair fraying of the labrum.

It finished him for that season and last year's as well.

Then on July 9, 2009, he had surgery to repair damaged cartilage in his right knee, delaying his rehabilitation by about six weeks.

McGowan was scheduled to throw only in the bullpen yesterday, without facing batters. "But I talked with (pitching coach) Bruce Walton," Anthopoulos said, "and our trainer signed off on it, and Dustin felt good and wanted to throw to hitters. We didn't have a problem with it."

McGowan said he threw 25-30 pitches in the bullpen and about 20 to batters.

"Actually, to tell you the truth, I was a little nervous all last night," he said.

"I didn't know what to expect. But we didn't call any inside pitches. I was just trying to get a feel for pitching again and just finding the plate.

"The important thing is that I got to do it and everything felt good.

"I enjoyed it, having fun again."

TORSTAR NEWS SERVICE

DARREN CALABRESE/THE CANADIAN PRESS

Toronto pitcher Dustin McGowan throws during live batting practice at the Blue Jays' spring training facility in Dunedin, Fla., yesterday. It marked the first time McGowan has thrown to live hitters since July 2008 before falling prey to injuries.

m.metronews.ca
SCANLIFE
"Goosebumps" greet rare public appearance by reclusive pitching legend Sandy Koufax at charity event. Scan this code for the story.

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Johnson wins again
Jimmie Johnson has won his second straight race by passing teammate Jeff Gordon at the Las Vegas Motor Speedway. Gordon dominated yesterday's race by leading 218 of the 267 laps, but he took just two tires on the final pit stop and it cost him the victory. THE ASSOCIATED PRESS

More change coming for Leafs?

For some players, their remaining time in Toronto may be short

Just under 6,000 fans crammed into the GM Centre in Oshawa to watch the Leafs practice yesterday in another testament to the undying popularity of the team and its players.

For a few Leafs, though, the practice that charmed local hockey fans and raised $10,000 for the Eastview Boys and Girls Club could have been their last hurrah in Toronto.

It's expected that at some point over the next three days until the March 3 NHL trade deadline, at least one, and probably more, Leafs could be dealt to new clubs.

For Leafs like Alex Ponikarovsky and Lee Stempniak — who have the highest trade value on the team — the Olympic roster freeze lifted at midnight last night means they may not make it to tomorrow's game against Carolina.

Leafs GM Brian Burke has reiterated over the past several weeks he will be both buyer and seller at the deadline, and with the freeze over, it promises to be an intriguing and busy three days of dealing with Burke potentially igniting the market.

Ponikarovsky remains the Leafs most moveable asset — a big winger who will easily set a career high in goals and points this season, and one who will have produced 20 goal seasons in four of the past five seasons since the lockout.

"No, we haven't had the talk," Ponikarovsky said when asked if he's been told he'll be traded. "It's just rumours for now, that's about it."

Tomas Kaberle, freshly back from representing his native Czech Republic at the Vancouver Games, was not aware of any change in his trade situation.

"Nothing has changed with me, so we'll see."
Tomas Kaberle

The popular defenceman, an 11-year veteran in Toronto, holds a no-trade clause. Internet rumours continue to insist he's provided the Leafs with a list of contending teams he's willing to go to. But yesterday Kaberle said he has not asked the Leafs to move him.

"No, nothing has changed with me, so we'll see," Kaberle said.

The Leafs, meanwhile, continued with six days of practices and gave every indication the hovering trade rumours and trade deadline are not a distraction.

"No, everyone is just having fun," Ponikarovsky said. "Everyone is working and I think we're all in a good mood."

Unfortunately for Ponikarovsky, though, there seems an inevitability that he will be moved.

On Feb. 12 a rumour surfaced suggesting a Ponikarovsky deal was completed (a team and other players were not mentioned).

The deal never materialized, but Burke later suggested talk was in the advanced stages, but that he would hold off until after the Olympics "and drive a harder bargain."

TORSTAR NEWS SERVICE

TONY BOCK/TORSTAR NEWS SERVICE

The crowd at Dundas Square react to the winning goal in yesterday's gold medal men's hockey game.

Mets' Reyes questioned by investigators about doctor

BASEBALL Mets shortstop Jose Reyes said yesterday he met with U.S. federal investigators last week regarding a Canadian doctor accused of selling an unapproved drug.

Dr. Anthony Galea is facing four charges in Canada related to the unapproved drug known as Actovegin, which is extracted from calf's blood and used for healing.

His assistant also has been charged in the U.S. for having HGH and another drug while crossing the border in September.

Galea is known for using a blood-spinning technique — platelet-rich plasma therapy — that is designed to speed recovery from injuries.

Besides Reyes, he has also treated Tiger Woods and several other professional athletes.

"They just asked me basically how I met the guy and stuff like that and what he put in my body," Reyes said.

"I explained to them what he (was) doing. ... I don't worry about anything because I didn't do anything wrong."

SI.com reported Saturday night that federal officials have told several athletes to expect grand jury subpoenas in the case. The website cited three anonymous sources familiar with the investigation.

THE ASSOCIATED PRESS

Bosh-less Raps fall to Thunder

NBA Kevin Durant scored 29 points, Nenad Krstic had a rare three-pointer and added 16 points and the Oklahoma City Thunder beat Toronto 119-99 last night to send the Raptors to their third straight loss without all-star forward Chris Bosh.

Oklahoma City took control with an early 12-0 run and never got much of a challenge in the second half from the Raptors without their leading scorer and rebounder.

The Thunder led by at least nine throughout the second half and were up by 28 at one point.

Jeff Green had 20 points and matched his career high with four steals, Russell Westbrook added 14 points, 10 assists and four steals, and rookie Serge Ibaka had 13 points and 10 rebounds for the Thunder.

Andrea Bargnani and Sonny Weems each had 14 points to lead Toronto, which has lost three or more consecutive games for only the third time this season.

THE ASSOCIATED PRESS

NBA RESULTS
Raptors 99 Thunder 119
VS

SCOREBOARD
NBA
YESTERDAY'S RESULTS
Oklahoma City 119 TORONTO 99
Atlanta 106 Milwaukee 102 (OT)
San Antonio 113 Phoenix 110
L.A. Lakers 95 Denver 89
Washington 89 New Jersey 85
Miami at Orlando
L.A. Clippers at Sacramento
New Orleans at Dallas

Men's hockey victory sends fans into frenzy on Yonge Street

VICTORY Yonge Street hosted the biggest and the best party in town yesterday.

Tens of thousands of delirious hockey fans turned the world's longest street into an impromptu party zone as they celebrated Olympic men's hockey gold with screams and cheers, hugging strangers and impassioned renditions of O Canada.

One group of ecstatic fans started a hockey game on Yonge Street near Shuter Street while a couple of young men took off their shirts and ran bare-chested on the street.

Another group of men played drums at Yonge and Dundas streets while dozens danced around.

All at once, everywhere — Yonge Street was awash in red-and-white We Are Canadians pride.

"We are the best in the world," screamed Ben Stewart as he fervently waved a Canadian flag.

"I'm so proud of my country."

Stewart, who watched the game at a sports bar near Dundas Square with friends, came prepared to celebrate.

"I knew we were going to win."

THE CANADIAN PRESS

Near miss in 50 km race

Cross-country skier Devon Kershaw from Sudbury, Ont., just missed the podium in the men's classical 50-kilometre, placing fifth in two hours 5:37.1 seconds. Norway's Petter Northug won gold. THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

CANADIAN PERFORMANCE AT THE WINTER GAMES

MedalTotals

YEAR				TOTAL
2010	14	7	5	26
2006	7	10	7	24
2002	7	3	7	17
1998	6	5	4	15
1994	3	6	4	13
1992	2	3	2	7
1932	1	1	5	7
1988	0	2	3	5
1984	2	1	1	4
1960	2	1	1	4
1948	2	0	1	3
1976	1	1	1	3
1968	1	1	1	3
1964	1	0	2	3
1956	0	1	2	3
1952	1	0	1	2
1980	0	1	1	2
1928	1	0	0	1
1924	1	0	0	1
1920	1	0	0	1
1972	0	1	0	1
1936	0	1	0	1

Canadians celebrate around the world

GOLD All over the world, from the Arabian desert to downtown London, Canadians celebrated as their homeland captured hockey gold.

In London, patrons of the city's only Canadian bar — The Maple Leaf — were lining up nine hours before game time to guarantee themselves a seat.

In Kandahar City, hundreds of Canadian soldiers and civilians who make up Canada's Provincial Reconstruction Team watched the game in the middle of the night.

THE CANADIAN PRESS

'I dreamed of this moment'

Crosby nets winner in overtime as Canadian men win gold

JEFF HODSON
jeff.hodson@metronews.ca

Sidney Crosby didn't even see his game-winning overtime goal that captured gold for Canada yesterday in men's ice hockey.

He just heard the screaming.

"I just shot it and didn't see it after that," said Crosby, who took a feed from a falling Jarome Ignila and whistled it past tournament MVP Ryan Miller as Canada beat the U.S. 3-2 and won the final gold medal of the 2010 Winter Olympics.

Crosby skated into the corner as 16,000 raucous fans in Canada Hockey Place, who spent much of the game chanting, cheering, dancing and waving flags, erupted in a roar. Crosby was engulfed by his teammates as they streamed off the bench.

"I dreamed of this moment," Crosby said afterwards. "It's pretty incredible."

The win marks the first time since the 1980 'miracle on ice,' when the U.S. beat Russia, that a host country has won hockey gold.

"It's unreal," said goaltender Roberto Luongo. "You work hard your whole life for something like this and it's nice to get rewarded. This medal is not for myself, but for Canada and for the people of Vancouver and the fans that have supported me since the first day I got here."

Canada, which sported a 2-0 lead halfway through the second period on goals from Jonathan Toews and Corey Perry, watched in dismay as Zach Parise, untouched in front of the net, pounced on a rebound to beat Luongo with only 24 seconds remaining in the final period.

"I thought we deserved better," said U.S. forward Ryan Kesler, who deflected a weak shot by Patrick Kane past Luongo to score American's first goal.

"We proved that it's not just Canada's game. We took them to overtime. We beat them once already. It was anybody's game in overtime."

RYAN REMIORZ/THE CANADIAN PRESS

Canada's Sidney Crosby celebrates his overtime goal against the USA's Ryan Miller to win the gold medal in the men's hockey final yesterday in Vancouver.

Harper wins bet with Obama

BEER It seems U.S. President Barack Obama owes Prime Minister Stephen Harper a few cold ones.

The two leaders had a friendly bet on the outcome of yesterday's gold-medal Olympic hockey game.

Team Canada came out on top, so Obama will have to pick up a 24-pack of Molson Canadian for the prime minister. Harper would have had to buy Obama a case of Yuengling beer if the U.S. had taken the top honour at the tournament.

Team USA beat Team Canada in the first match-up between the two countries in the preliminary rounds, but Canada came out on top in a heart-stopping overtime round yesterday.

Harper was at the game in Vancouver, but Obama did not make an appearance at the Olympics.

THE CANADIAN PRESS

VANCOUVER GAMES

MedalCount

NATION				TOTAL
U.S.	9	15	13	37
Germany	10	13	7	30
Canada	14	7	5	26
Norway	9	8	6	23
Austria	4	6	6	16
Russia	3	5	7	15
South Korea	6	6	2	14
China	5	2	4	11
Sweden	5	2	4	11
France	2	3	6	11
Switzerland	6	0	3	9
Netherlands	4	1	3	8
Czech Republic	2	0	4	6
Poland	1	3	2	6
Italy	1	1	3	5
Japan	0	3	2	5
Finland	0	1	4	5
Australia	2	1	0	3
Belarus	1	1	1	3
Slovakia	1	1	1	3
Croatia	0	2	1	3
Slovenia	0	2	1	3
Latvia	0	2	0	2
Britain	1	0	0	1
Estonia	0	1	0	1
Kazakhstan	0	1	0	1

On the web

- Vancouver managing editor Fernando Carneiro's daily column (metronews.ca/columns)
- Metro-Blenz News Squad on-the-ground blog

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Toews, Weber named to all-star team

Canadian forward Jonathan Toews and defenceman Shea Weber were named to the Olympic men's hockey tournament all-star team yesterday, joining three Americans and one Slovak.

The all-star team, selected by the media, also included American goaltender Ryan Miller, the tournament MVP, and two of his teammates: Defenceman Brian Rafalski and forward Zach Parise. Slovak forward Pavol Demitra rounded out the team.

Toews, the young Chicago Blackhawks captain, was one of Team Canada's top players and scored the first goal in its 3-2 overtime win over the United States in yesterday's gold-medal game.

Weber, the rock-hard Nashville Predator with a lethal shot, was a force on defence and offence throughout the tournament.

THE CANADIAN PRESS

JENNIFER GAUTHIER/FOR METRO CANADA

Team Canada celebrates its gold win last night.

Slovak hockey player under fire for doping
The IOC has issued a reprimand against Slovakian hockey player Lubomir Visnovsky after tests revealed he broke anti-doping rules by taking too much cold medicine with the ingredient pseudoephedrine prior to his team's semi-final game against Canada. THE CANADIAN PRESS

Canada puts on a show

KRISTEN THOMPSON
kristen.thompson@metronews.ca

It seemed like the perfect ending to an Olympic Games that had a rocky start.

On the heels of Sidney Crosby's spectacular overtime game-winning goal, 60,000 jubilant spectators made their way from Vancouver's packed downtown streets into B.C. Place for the closing ceremonies.

The event began with a mime pulling up the Olympic cauldron's fourth arm — which failed to rise during the opening ceremonies — and spectators cheered as Catriona LeMay Doan reappeared to ignite it properly this time.

For the next two hours, the crowd was dazzled with a spectacle that celebrated all things Canadian, including toques, beer, poutine and our propensity to apologize.

Performers included Neil Young, Michael Buble, Nickelback, Avril Lavigne, Alanis Morissette and K-OS.

ROGER HALLETT/THE CANADIAN PRESS

Performers entertain during the closing ceremonies for the 2010 Vancouver Olympic Winter Games at B.C. Place last night.

"If the Canada that came together on opening night was a little mysterious to some, it no longer is," VANOC CEO John Furlong said. "Now you know us, eh?"

A "parade of Canadian icons," including Mounties, hockey players, voyageurs in birch canoes, beavers, moose and loggers in red plaid shirts danced through the stadium to the former Hockey Night In Canada theme song.

William Shatner, Catherine O'Hara and Michael J. Fox made cameos to share their tongue-in-cheek perspectives of Canada.

"My name is Bill, and I'm proud to be Canadian," said Shatner. "I'm proud of the fact that we are a people who know how to make love in a canoe. I'm proud of 'Luuuuuu.'"

Furlong said the Games have brought Canadians together in a way he couldn't have imagined.

"That quiet, humble national pride we were sometimes reluctant to acknowledge (took) to the streets as the most beautiful type of patriotism broke out all across our country," he said.

"Alexandre (Bilodeau), your first gold medal gave us all permission to feel like and behave like champions. Our last gold will be remembered for generations … Good-bye."

Last-minute ruling won't break Paralympian: Coach

DECISION A longtime coach of Brian McKeever says the partially blind cross-country skier will bounce back from the disappointment of not competing in the Olympic Games.

Brian McKeever

"I think Brian is strong enough mentally to park this and move on," Kasper Wirz said from the Canmore Nordic Centre in Alberta.

The 30-year-old athlete learned Friday his dream of racing in the Games wouldn't happen.

Cross Country Canada had claimed McKeever would "compete" in the Games, and emphasized repeatedly he was making history as the first Paralympian to enter the Winter Games.

McKeever said he respects the coaching decision to start four other Canadians — all of whom have performed well in the Games — in yesterday's 50-kilometre race.

However, he's also said he was "crushed" by the decision.

McKeever has been named to World Cup teams, but also has had occasions when he wasn't chosen to race on the national team on the international circuit.

"Not to be able to start and not to be able to prove that he can be there, that's a hard blow," Wirz said. "I totally understand that, and I'm 100 per cent certain we can fix that.

McKeever will participate in the Paralympic Games, which begin March 12. THE CANADIAN PRESS

FieldofPlay

Scott Russell

Win or lose, Canadian athletes live by their own golden rule. Read Scott Russell at www.metronews.ca.

The simple life

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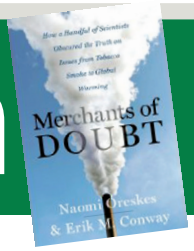
Going Green



Peddling doubt

As the science of global warming has grown more certain over the last two decades, the attack on that science has grown more shrill; the book Merchants of Doubt helps explain that paradox, and not only for climate change. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Green in brief

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ROMINA MCGUINNESS
Metro World News

The Chinese New Year recently entered into the year of the Tiger.

The largest of the cat species, tigers are a powerful and majestic symbol in many cultures yet today find themselves at what scientists refer to as "tipping point" — meaning that left to their own devices in the wild, their destiny could go either way — survival or extinction. There are as little as 3,200 tigers left in the wild and the WWF together with the World Bank have launched a global campaign, T x 2, urging to double this number by the next year of the Tiger in 2022.

The process started in Oct. 2009, where talks led by tiger experts discussed a series of actions to change the existing trajectory of tigers from the verge of extinction, to one of survival. The talks will culminate in Vladivostok, Russia, in September 2010 where the Global Tiger Summit will address:

1. Strict protection of surviving tiger populations to allow their prey base to return.
2. Once the foundation for survival has been set, tigers need large intact landscapes to expand in, without the conflicting presence of humans. In many places.
3. Bring to a minimum and eventually halt the international demand for tiger parts by controlling business operations and borders.
4. Political engagement at the highest level and budget. Governmental commitment and finance is crucial and what has been missing so far.

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Alberta rejects NAIT's tuition hike proposal
The Edmonton Journal reports that Alberta's advanced education ministry has turned down the Northern Alberta Institute of Technology's proposal to increase tuition by 40 per cent over the next three years. METRO NEWS SERVICES

Workology

McMaster faces major cuts

In a financial update to the campus community, McMaster University's president and vice-president (academic) report that the demands on the school's finances for 2010-11 are "staggering." Over the last four years, McMaster's expenses could exceed revenues by more than $100 million. McMaster anticipates these budget pressures will require a minimum of 50 and up to 100 positions to be cut across the university. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Get ready for office pool season

Hollywood Votes
Academy **Awards**

JON TATTRIE
for Metro Canada

With the Olympics just finished, the Oscars dawning and March Madness drawing near, offices across Canada are abuzz with pools, but are they a team-building force for good or a distraction that risks turning the office into The Office?

Dr. Ian Bradley, a workplace psychologist in Montreal, says there are risks and rewards to office pools. "Some people get really into it and one wonders how much work time is devoted to the pool," he says. "The benefits are in terms of camaraderie and excitement."

He considers pools an organic form of official team-building exercises, but without the price tag of a seminar or a weekend bonding in the woods.

Are you going to vote for Avatar, or The Hurt Locker for best picture in your Oscar pool?

Pools can connect staff at different levels and in different departments, opening new lines of communication.

"We need as much fun in the workplace as possible, within bounds. The more things that are humorous and bring people together and allow them to forget about the drudgery and stresses of the work, I think all the better," Bradley says.

Because of those advantages, he urges bosses to accept pools even if staff go overboard for the Oscars, so long as they don't go all Michael Scott, from The Office, on their colleagues.

Maricel Dicion organizes the Oscar office pool at the Toronto branch of the global communications firm Cohn & Wolfe. "Everyone participates. We're a full-service PR agency and we all have lots of things to do, but things like this really help build team moral," she says. "It's just something fun to think about and something fun to do."

The email-organized pool doesn't involve money and doesn't distract people from their work, she says, but in fact gives them a useful break in the day. "Plus, if you win you get bragging rights until the next Oscar pool," she notes.

As Bradley predicted, the pools cut across the normal office barriers of rank and department, encouraging staff to get to know their coworkers.

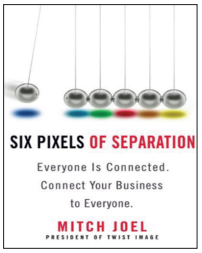
"It gives you an excuse to congratulate the person who won," Dicion said.

Static websites are dead: Author

Six Pixels of **Separation**
Author: Mitch Joel
Publisher: Business Plus
Price: $32.99

CRAIG LUND
for Metro Canada

BOOK REVIEW Mitch Joel is no new kid on the blog, having trotted the speakers circuit way before publishing Six Pixels of Separation. In fact, Six Pixels was the name of the blog for his Montreal-based digital agency Twist Image. "All of this stuff happened because of social media" said Joel. "Websites are dying … and we need to start seeing ourselves as publishers and content producers".



Joel acknowledges that the mindset of larger companies is going to have to change, especially when it comes to letting consumers or customers interact publically with their brands or products. Joel's book is a captivating look at how our world and how we interact has changed dramatically. Now with even more relevancy — given Facebook just in the past week surpassed Yahoo and is now the No. 2 website for online traffic. Six Pixels is Joel's recipe for "connecting your business to everyone."

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

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uCalgary considers raising mandatory student fees
Like uAlberta, the University of Calgary is considering increasing compulsory, non-academic fees as part of the institution's effort to balance its budget. While no set amount has been decided upon, students say the proposal would see fees climb by $500. METRO NEWS SERVICES

The 'most exciting' accountant

OddJobs
Diane Peters

Metronews.ca/oddjobs

If you're looking for excitement, become an accountant like David Malamed. The 37-year-old Torontonian is a forensic accountant: He follows the money to investigate financial crimes.

Malamed began his career with a business degree at York University and a stint as business owner. Then he and his wife both went back to school to study accounting at Ryerson.

While there, he took a course in forensic accounting and loved it. "In terms of accounting, this is the most exciting thing I could do."

The couple got jobs at the same large accounting firm and Malamed soon got transferred to the forensic unit. His boss spent a lot of time teaching him the unique craft. "Are you comfortable working outside the box?" he'd ask.

Malamed was, and kept upgrading his education so today he now has an investigative forensic accounting diploma, a certified fraud examiner's course and certified fraud investigator's course.

New investigations start with a call from a client — usually someone new, Malamed doesn't get a lot of repeat customers — who's just discovered something bad has happened. Usually they've been scammed or an employee has stolen money.

The person or representative from a business is often pretty upset and wants to know what happened, how it can be prevented again and, ideally, get the money back.

Malamed immediately starts asking questions. "We've got to work pretty fast. We've got to find out if it's something live or old. And if it's live, do we need to control it, shut things down?"

After shutting down bank accounts or the like to stop any more losses, Malamed comes up with a work plan on how to track down the missing money. He looks through documents, financial statements, bank accounts, emails, computers and cancelled cheques. He interviews the people involved — some of these people may eventually be charged with a crime — to find out if their stories match up with how funds moved around.

Forensic accountant, David Malamed.

Often the police are involved. Malamed has even joined them in visiting a crime scene. They bang on the door, walk in with their guns. When it's all clear, Malamed starts collecting files and computers.

And while he's working for a client, his goal is to chase down the facts, not just take the client's word for what happened. That's because his investigations can end up as evidence at a trial or for an insurance settlement, so he cannot be biased.

Investigations can take a week or years. He sometimes works 40 hours a week, but if he's in the middle of an intense investigation, his phone can ring day or night and he can suddenly be putting in 100 hours to get the job done.

The Lowdown

Job title: Forensic accountant
Salary: $210,000 to $240,000
Education/training: Degree in accounting, additional training in fraud investigation and examination
Best Part of the Job: "Helping people."
Worst Part of the Job: "The long hours."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Bachelor couple wed

Bachelor couple Jason Mesnick and Molly Malaney officially said "I do" on Saturday. An estimated 300 guests witnessed Mesnick, 33, and Malaney, 25, exchange vows at the breathtaking Terranea Resort on the coast of Rancho Palos Verdes, Calif. PEOPLE.COM

Entertainment

Grandpa Jim

Jim Carrey is a grandpa. His daughter, Jane, 22, welcomed a baby boy in Los Angeles Friday, a rep confirms to usmagazine.com. Jackson Riley Santana was born Friday morning. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Weekend box office

1. **Shutter Island:** $22 million US
2. **Cop Out:** $18.6 million
3. **The Crazies:** $16.5 million
4. **Avatar:** $14 million
5. **Percy Jackson and the Olympians:** $9.8 million
6. **Valentine's Day:** $9.5 million
7. **Dear John:** $5 million
8. **The Wolfman:** $4.1 million
9. **The Tooth Fairy:** $3.45 million
10. **Crazy Heart:** $2.5 million

THE ASSOCIATED PRESS

Changing the status quo

Half the Sky LIVE explores plight of oppressed women

DOROTHY ROBINSON
Metro World News

Last year, New York Times columnist Nicholas Kristof and his wife, Sheryl WuDunn published their book Half the Sky: Turning Oppression into Opportunity for Women Worldwide

The book shows how most societies suppress women through terrible — and culturally accepted — measures, such as stoning, genital mutilation, sex slavery, maternal morbidity, forced marriage, honour killings and other atrocities.

But the book also focuses on the small, empowering steps these oppressed women are doing to change the status quo.

This Thursday, in celebration of International Women's Day on March 8, movie theaters across North America will broadcast Half the Sky LIVE; a combination of documentary and celebrity discussion panel, based on Kristof and WuDunn's work.

Filmed on a snowy February day at New York University and presented by the poverty-fighting organization CARE, Half the Sky LIVE features a celebrity panel discussion about the plight of women, readings by celebrities such as Maria Bello and Marisa Tomei, musical performances by India.Arie and Diane Birch, as well as the world premiere of Woineshet.

It is a short film made by Tomei that is based on a poor Ethiopian woman featured in Half the Sky who triumphs over discrimination, rape, and forced marriage.

"We hoped (the book) would reach a lot of people," said the Pulizer-prize winning Kristoff in an impromptu interview after the filming. "But this has been a very pleasant surprise."

Sarah Ferguson, the Duchess of York, who participated in the panel discussion and read the story of Prudence, a woman in Cameroon who died in childbirth due to lack of proper treatment, said that lending her voice was a no-brainer.

"I was taken with Prudence because my sister had many sad miscarriages and my mother had pre-eclampsia and would have died if she not had medical care," she said, noting that she's happy to give back.

"I just believe the true celebrities are the women who have been through so much. My job is an easy one. I simply tell their stories."

• For more information, or to buy tickets, visit care.ca.

ALISON MAYFIELD

Sarah Ferguson, Sheryl WuDunn, Nicholas Kristof and Marisa Tomei at the Half The Sky LIVE recording.

Half the Sky LIVE screens this Thursday at Empire Empress Walk 10 Cinemas

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Mulroney tabbed for Rocked Files remake
The case of who'll succeed James Garner in NBC's Rockford Files remake has been cracked. Sources confirm that Dermot Mulroney, right, has been tapped to play iconic detective Jim Rockford in the David Shore-produced reboot. EW.COM

Take a gamble on Chatroulette

Webcam program another way to connect

Socialite

Rea McNamara

metronews.ca/socialite

Chatroulette — that person-to-person video chat site that everyone's talking about — is possibly yet another "everything old is new again" online voyeuristic fad.

Think of it as a speed-date through fleeting face-to-face human encounters: "Accept" when the site asks for permission to use your webcam, and be prepared for a wheel through the superficiality of random webcam chat.

The first-time experience is intimidating. There's the laughing teens who'll judge with a glance and soon disappear, or spending all of five seconds with shadowy Halloween masked figures.

The perversions you'll encounter is straight out of a 1990s AOL chat-room. But stick with the exhibitionism a little longer, and suddenly, it's been three or four hours of "nexting" through real and unfiltered encounters.

It's how I met a Brazilian girl who I mostly communicated by copy and pasting English responses Google translated into Portuguese, or when a friend of mine and I went back and forth with an ex-skateboarder from the Netherlands old school hip hop Youtube clips, setting off an impromptu dance party that lasted into the wee hours of a Saturday morning.

The site now has 10,000 to 16,000 users, and those numbers are quickly growing, as is the collective fascination it's sprung for the thrill of an un-mediated gamble on talking with strangers worldwide. Chatroulette was just exposed as the brainchild of 17-year-old Russian Andrey Ternovskiy, who shared in an email New York Times interview the site's inspiration: "I myself enjoyed talking to friends on Skype, but got tired of talking to each other — so I decided to create a little site to connect randomly to other people."

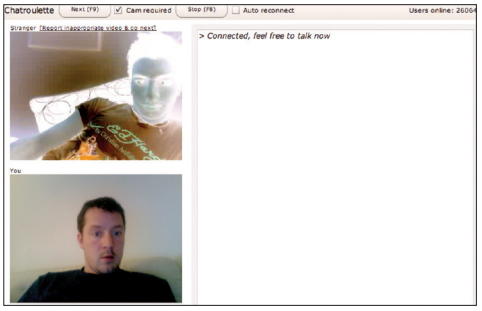
Indeed, Fast Company sums up the net's latest parlour game best as "self-published entertainment." It's a disconnect from our networked culture's demands for transparency and fixed user identities, and the site's pseudo-anonymous nature (outrageous masked figures and celebrities like the Jonas Brothers or Paris Hilton have already been screen-capped for public posterity) reflecting our yearning for ye old internet chat-room: Meaningful yet still entirely disposable mingling with strangers.

WITH FILES FROM METRO WORLD NEWS

Rea McNamara writes about the on/offline statuses of niches and subcultures. Follow her on Twitter @reeraw

Lost connections?

- Looking for an old friend: Hopeless romantics can now seek out lost-in-the-nexting connects (sample personal ad: "You Dances to my Gaga After Dark Mashup Song") via Chatroulette Missed Connections.



A screenshot from a chat on Chatroulette.

Dr. Drew comes to aid of Coleman

SEIZURE Gary Coleman suffered a seizure on the set of The Insider and received immediate treatment from Dr. Drew Pinsky, who happened to be on set as well.

The Insider says on its website that Coleman was transported to a local hospital in stable condition.

Coleman is best known for his stint on Diff'rent Strokes. The television show aired from 1978-86.

THE ASSOCIATED PRESS

Prince pays the piper for bailing on Dublin show

SETTLEMENT Lawyers for U.S. pop singer Prince agreed Friday to pay substantial damages for his unexplained cancellation of a 2008 concert in Ireland's largest stadium.

Prince, 51, did not appear during the four-day hearing in Dublin High Court.

But evidence presented by Dublin concert promoters MCD Productions Ltd. — which sued Prince for 1.7 million euros (about $2.4 million) alleging breach of contract — demonstrated he had committed to perform in the 82,300-seat Croke Park in June 2008, only to withdraw without explanation 10 days beforehand after 55,000 tickets were sold.

Prince

Lawyers for both sides announced an out-of-court settlement Friday. Neither side disclosed the figures involved.

But MCD owner Denis Desmond suggested outside the courthouse that the settlement easily topped 1 million euros because his company would not be "out of pocket" once Prince paid up.

MCD, Ireland's biggest concert organizers, paid 700,000 euros to book Croke Park for the night, advertised the concert and refunded all 55,000 tickets.

THE ASSOCIATED PRESS

CHRIS PIZZELO/THE ASSOCIATED PRESS

The cast and crew, including actress Gabourey Sidibe, left, and director Lee Daniels, centre, of Precious: Based on the Novel Push by Sapphire accept the award for outstanding motion picture Friday at the NAACP Image Awards in Los Angeles.

Precious moments

Oscar-nominated drama sweeps NAACP awards

It was a winning night for Precious at the 41st NAACP Image Awards.

The heart-wrenching tale of an illiterate and abused teen who finds hope in a Harlem classroom was named outstanding motion picture and outstanding independent film at Friday's ceremony. Stars Mo'Nique and Gabourey Sidibe, screenwriter Geoffrey Fletcher and director Lee Daniels also won.

Chris Rock accepts an award for his documentary Good Hair.

Daniels excitedly accepted the best-picture prize, surrounded by his cast and fellow producers.

"No one in Hollywood told me they wanted to see a movie about a 350-pound black woman with HIV," he said.

Sidibe objected, and Daniels corrected himself: "She's not 350 pounds. This was before you were hired."

The director twice told the orchestra to stop playing him off, but Daniels was ultimately cut off as gospel duo Mary Mary took the stage and the show came to a close.

Presented by the National Association for the Advancement of Colored People, the Image Awards honour diversity in the arts and outstanding achievements in film, television, music and literature.

Sidibe cried as she accepted the award for outstanding actress in a motion picture for her starring turn as Precious, the overweight, twice-pregnant teen who discovers her self-worth through reading and writing.

"It's so awesome to win! I love winning," said the Oscar nominee, who made her acting debut with this film. "I want to thank my God for ordering my steps, for everything that my life was and everything that it is now."

Fellow Oscar nominee Mo'Nique, who has swept the supporting actress prize throughout Hollywood's awards season for her moving turn as abusive mother Mary Jones, added another trophy to her collection with the Image Award for her role in Precious.

"For all the Mary Joneses, I love you unconditionally, baby," she said. "For all the Preciouses, I love you unconditionally. Let's start loving each other again."

Other winners Friday included Keri Hilson, Maxwell, Brothers star Daryl Chill Mitchell and Chris Rock.

Hilson was named outstanding new artist, Maxwell won for male artist, Mitchell took the award for actor in a comedy series and Rock accepted the documentary award for his film Good Hair.

Mitchell was moved to tears as he accepted his trophy.

"As long as you all got legs, I'm going to always walk," the wheelchair-bound actor said.

Rock said he wasn't prepared for his documentary win.

"I made this movie just for black people," he said. "I've seen a lot of documentaries, and I said I want the blackest movie of all time."

Tyler Perry was honoured with the Chairman's Award for his philanthropy and career achievements. Wyclef Jean received the Vanguard Award for raising funds and cultural awareness after the earthquake in Haiti. Human-rights activist Van Jones received the President's Award.

Music mogul Clarence Avant was inducted into the Image Awards Hall of Fame at the ceremony at the Shrine Auditorium, which was hosted by Anika Noni Rose and Hill Harper and broadcast live on Fox.

THE ASSOCIATED PRESS

Major winners

- **Motion picture:** Precious: Based on the Novel Push by Sapphire
- **Actor in a motion picture:** Morgan Freeman, Invictus
- **Actress in a motion picture:** Gabourey Sidibe, Precious.
- **Supporting actor in a motion picture:** Adam Rodriguez, Tyler Perry's I Can Do Bad All By Myself
- **Supporting actress in a motion picture:** Mo'Nique, Precious.
- **Documentary:** Good Hair
- **Directing in a motion picture:** Lee Daniels, Precious.
- **Comedy series:** Tyler Perry's House of Payne
- **Drama series:** Lincoln Heights

Moore talks soap
The soon-to-be-history As the World Turns may be one of the least-watched soap operas in daytime TV but it's looking to go out with a bang: Sources confirm CBS is in serious talks with Julianne Moore to reprise her role as Frannie and Sabrina Hughes. EW.COM

Email push backfires

Academy mulls action against Locker producer

The Academy of Motion Picture Arts and Sciences is considering action against a producer of The Hurt Locker who sent out multiple emails urging academy members to vote for his movie in the Oscar best-picture category and not a $500 million film, an obvious reference to close-competitor Avatar.

Nicolas Chartier, a producer for The Hurt Locker, has issued an apology for sending out emails to Academy voters asking them to vote for his fil instead of Avatar in the best picture category.

The emails by Nicolas Chartier, one of four nominated producers for The Hurt Locker and who put up the financing to make the front-running film, violated the academy's rule against sending mailings that "attempt to promote any film or achievement by casting a negative light on a competing film or achievement," according to academy spokeswoman Leslie Unger.

The initial email was sent Feb. 19 and obtained by The Associated Press. Subsequent emails, posted by the Los Angeles Times, showed Chartier giving more specific instructions, asking Oscar voters to rank The Hurt Locker at No. 1 and Avatar at No. 10 on this year's preferential ballot for the newly expanded best-picture category.

Hurt Locker distributor Summit Pictures said in a statement it was completely unaware of any emails that were sent until we were alerted by the academy earlier this week.

Chartier, after being confronted by Summit executives, worked with the studio and the academy to craft an apology for his actions, said Summit spokesman Paul Pflug.

"My naivete, ignorance of the rules and plain stupidity as a first-time nominee is not an excuse for this behaviour and I strongly regret it."
Nicolas Chartier

"My naivete, ignorance of the rules and plain stupidity as a first-time nominee is not an excuse for this behaviour and I strongly regret it," Chartier wrote in an email obtained by The Associated Press. "Being nominated for an academy Award is the ultimate honour and I should have taken the time to read the rules."

Avatar's distributor, 20th Century Fox, declined comment on the emails, as did director James Cameron or anyone connected with the 3-D sci-fi sensation — Hollywood's biggest modern blockbuster.

The motion picture academy itself will hold off on announcing how exactly it plans to discipline Chartier until Oscar voting closes at 5 p.m. PST on Tuesday. The academy's Unger refused to speculate on what action might be taken. THE ASSOCIATED PRESS

Ribbon picks award for cinematography

A scene from Michael Haneke's The White Ribbon.

HONOUR The German drama The White Ribbon has taken top honours from the American Society of Cinematographers.

The group's feature-film award Saturday night went to Austrian cinematographer Christian Berger for The White Ribbon, director Michael Haneke's study of a small German town beset by mysterious violence on the eve of the First World War.

The White Ribbon, shot in black-and-white, won out over a field that included Avatar, The Hurt Locker and Inglourious Basterds. At the Academy Awards March 7, The White Ribbon is competing against those same three films plus Harry Potter and the Half-Blood Prince.

Berger is also in contention for the best cinematography Oscar at next Sunday's Academy Awards ceremony. The White Ribbon is among the favourites to win the Oscar for best foreign-language film.

Television cinematography prizes went to Eagle Egilsson for an episode of Dark Blue and Alar Kivilo for the movie Taking Chance. THE ASSOCIATED PRESS

Radcliffe for gay cause

ADVERTISEMENT Daniel Radcliffe is explaining why he has just filmed a public service announcement for The Trevor Project, the leading organization focusing on suicide prevention efforts among gay, lesbian, bisexual and transgendered youth.

Because his parents were both actors, "I grew up knowing a lot of gay men and it was never something that I even thought twice about — that some men were gay and some weren't," the Harry Potter megastar said Friday.

"And then I went to school and (for) the first time . . . I came across homophobia. . . . I had never encountered it before. It shocked me.

"I have always hated anybody who is not tolerant of gay men or lesbians or bisexuals," he added.

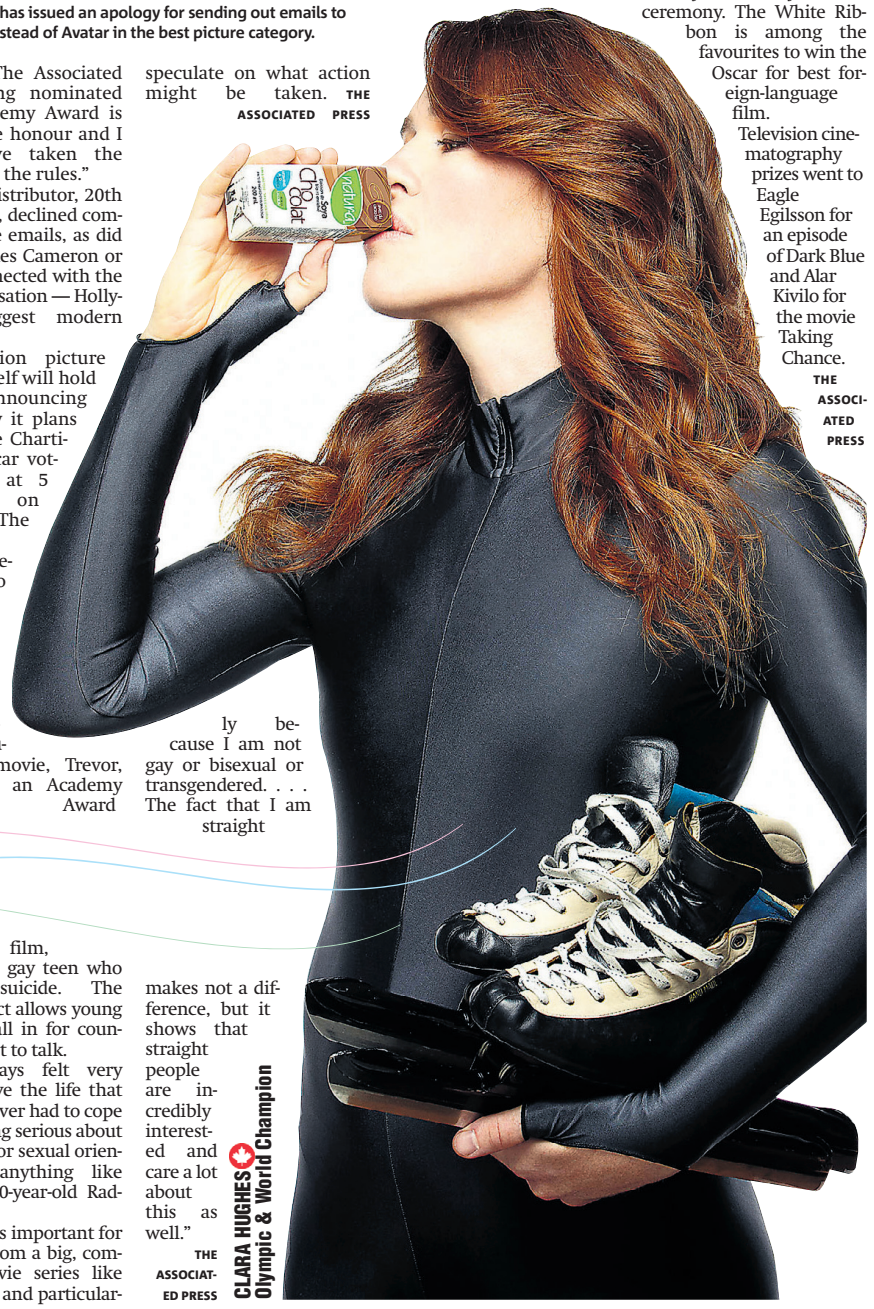
"Now I am in the very fortunate position where I can actually help or do something about it."

The result is a PSA that was filmed Friday at the organization's Wall Street offices. The announcement is scheduled to air sometime this spring.

Radcliffe first became aware of The Trevor Project, founded in 1998 by three filmmakers, while he was appearing on Broadway in the 2008 revival of Equus. Their movie, Trevor, which won an Academy Award for best short film, concerned a gay teen who attempts suicide. The Trevor Project allows young people to call in for counselling or just to talk.

"I've always felt very lucky to have the life that I've had. I never had to cope with anything serious about my religion or sexual orientation or anything like that," the 20-year-old Radcliffe said.

"I think it's important for somebody from a big, commercial movie series like Harry Potter and particularly because I am not gay or bisexual or transgendered. . . . The fact that I am straight makes not a difference, but it shows that straight people are incredibly interested and care a lot about this as well." THE ASSOCIATED PRESS



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Oprah's good eats

Host helps make school lunch reform a reality

When Oprah Winfrey recently asked her former personal chef what he wanted for his 50th birthday, Art Smith's first thought was a new treadmill.

Aim higher, she told him.

How about a check to help fund the sort of healthy eating programs for children called for by another of his high profile clients, first lady Michelle Obama, recently called for?

Done.

Today, during a party hosted by celebrity chef Nigella Lawson, Smith says he'll formally announce the $250,000 US donation from Winfrey to his Common Threads non-profit.

"We're going to educate a lot of children about taking care of themselves," Smith said during an interview late Friday at the South Beach Wine and Food Festival.

"I'd like to take this money to create healthy programs for children that mirror the first lady's program," said Smith, who recently lost 90 pounds thanks to his own healthy eating reforms.

Last month, Michelle Obama announced her Let's Move campaign, an effort to teach children healthier eating habits and to get better foods into school lunch programs.

Smith's program runs more than 20 afterschool programs around the country. The programs teach children how to cook healthy, ethnically diverse foods.

THE ASSOCIATED PRESS

In brief

PEOPLE The rapper Juvenile and his music producer have been arrested for misdemeanour possession of marijuana after neighbours told police they could smell pot coming from a house being used as a recording studio in Louisiana. The 34-year-old rap star was booked on Thursday at a jail in St. Bernard Parish southeast of New Orleans.

PEOPLE Grammy-winning rapper Lil Wayne is facing up to a year in jail in a New York City gun case this week. It isn't clear where he'll serve his time if he's sentenced as expected tomorrow. But prison experts say that celebrities can create and face special challenges behind bars. Rapper Foxy Brown was held in protective custody in New York in 2007 and 2008 because of threats against her while serving time on a probation violation. THE ASSOCIATED PRESS

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The chin comeback

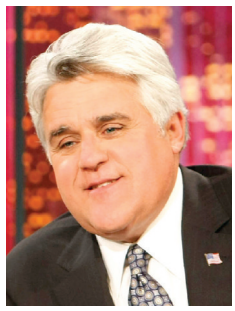
Will Leno regain his late-night lead? Media analyst says 'yes'

The chin is coming back to late-night on NBC. So is the desk, the couch and, the network fervently hopes, the audience.

When Jay Leno reclaims The Tonight Show tonight, NBC is banking that the ratings spiral that marked Conan O'Brien's brief tenure as host will quickly fade to a dim memory.

If viewers want to dwell on the messy dithering that led to this point — Leno moved to prime-time, NBC affiliates rebelling at his low ratings, O'Brien balking at NBC's directive that he and Tonight shift to midnight, O'Brien exiting and leaving a diminished audience behind — the network is focused on the end result.

With the Winter Olympics providing a big platform, NBC aired a promotional spot advising that "the chin" was back. Another spot had Leno breezing down a coastal highway in a snazzy convertible that shed the number "10" for "11:35." It cast him as a happy traveller headed home,



THE ASSOCIATED PRESS PHOTO

Jay Leno returns to late-night TV on The Tonight Show tonight.

back where he belongs, after a misadventure not even worth a postcard.

Lisa Howfield, general manager of NBC affiliate KVBC in Las Vegas, thinks Leno's fans will be right behind him.

"I suspect he'll get the same numbers (ratings) he had in prime-time, which are the same numbers he had in late-night. ... I think it's probably going to get right back into normal viewing patterns," Howfield said.

Media analyst Steve Sternberg agrees Leno should regain the late-night lead, which he held for most of his run, despite some observers' assertions that he ended up cast as the villain when O'Brien took a powder.

"I don't think Leno's image took much of a hit with his fans at all," said Sternberg.

"That was more of a press and Conan fan-Twitter creation than anything else. Half of Leno's audience is over 55, a group that tends to be very loyal."

Leno averaged 5.2 million viewers nightly in his final season of Tonight before O'Brien took over last May, and was drawing virtually the same number — 5.3 million — to his prime-time show.

Expectations were higher for the new show, however, because more people watch TV in prime-time, and affiliates complained loudly to NBC because their local newscasts were taking a viewership hit because of the weak lead-in. NBC eventually bowed to the pressure.

THE ASSOCIATED PRESS

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TO		Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/1/10	cable variety	265	353	2	TVO	What the Ancients Did for Us		The Agenda With Steve Paikin		Midsomer Murders		Morning Sun (Part 2 of 2)		Agenda-Paikin
		211	331	3	GTV	Entertainment	ET Canada	House "Wilson"		24 (HDTV PA) (N)		Cold Blood		News Hour
		215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
		210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	18 to Life (N)	Little Mosque	Just for Laughs-Yankees		CBC News: The National		The Hour
		214	344	7	CITY	Chuck (HDTV) (N)		The Bachelor: On the Wings of Love (N)				Bachelor-Wings of Love		News
		212	313	8	CTV	etalk	Access H.	Hiccups (N)	Dan for Mayor	Two/Half Men	Big Bang	CSI: Miami "L.A." (N)		CTV News
		218	345	11	CHCH	*Moonstruck* ★★★ (1987, Romance-Comedy) Cher.				*Annie Hall* ★★★★ (1977, Comedy) Woody Allen.				News at 11 (N)
		-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
		213	326	15	SUN	George Lopez	The Insider (N)	*Forever Young* ★★★ (1992, Romance) Mel Gibson.				The Insider	Hitchcock Pres	Becker
		-	387	16	CBS	Inside Edition	Access H.	How I Met	Engagement	Two/Half Men	Big Bang	CSI: Miami "L.A." (N)		News 4 at 11
		-	385	17	NBC	Entertainment	The Insider (N)	Chuck (HDTV) (N)		Law & Order (HDTV) A family is found murdered. (N)				News
		-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	The Bachelor: On the Wings of Love (N)				Bachelor-Wings of Love		News
		219	346	20	ACH-B	Degrassi: Next	TMZ (N)	Tough Love		Law & Order (HDTV) A family is found murdered. (N)				A News
		-	-	28	FOX	Judge Judy	Two/Half Men	House "Wilson"		24 (HDTV PA) (N)		Seinfeld	Two/Half Men	The Simpsons
		-	388	61	PBS	PBS NewsHour	Time Goes By	Antiques Roadshow (N)		American Experience "Dolley Madison"			Morristown	Business Rpt.
		297	652	330	WPX	Two/Half Men	Family Guy	Life Unexpected (HDTV)		Life Unexpected (N)		PIX News at Ten Tong.		Two/Half Men
		296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
		298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	Life Unexp.
	news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		Gambling Boys (N)		National
		500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
		509	504	79	CNB	Kudlow Report (Live)		Marijuana Inc.: Pot Industry		Inside the Mind of Google		Biography on CNBC		Mad Money
	sports	405	417	22	net	PartyPoker.net		Billiards: US Open 9 Ball		Hooter's Dream Girl		Sportsnet Connected		Sportsnet Con.
		400	400	30	TSN	That's Hockey!	30 for 30 (HDTV)			NBA Basketball Toronto Raptors at Houston Rockets. (HDTV) (Live)				SportsCentre
		411	457	58	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters International		Destin. Truth
		417	406	81	SC	NASCAR	NASCAR Hub	NASCAR	What's Deal?	Fast Track to Fame (HDTV) (N)		Racing Chef	NASCAR	Car Crazy
	family	551	542	25	YTV	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz (N)	To Be Indie	Prank Patrol
		554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
		556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
		602	567	27	W	Supernanny		How Clean	How Clean	Love It or List It		Love It or List It		Confidential
		570	580	29	MM	Secret Life of American Teen		America's Best Dance Crew		Degrassi: TNG	Degrassi: TNG	Love Court	Love Court	MuchOnDem
		615	520	31	A&E	Criminal Minds (HDTV)		Intervention "Anthony"		Intervention "Shane" (N)		Hoarders "Claudie" (N)		Paranormal
		700	800	35	TLN	Centrovetrine	Sky TG 24	Carabinieri		Carabinieri		George Lopez	George Lopez	Lopez Tonight
		571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		Behind the Music		Gene Simmons
		575	583	38	CMT	Due South "Starman"		Amer. Funniest Home Videos		According-Jim	According-Jim	*Pay It Forward* ★★ (2000, Drama), Helen Hunt		
		616	521	39	SHO	Relic Hunter		*Secret Lives* (2005, Suspense) Daphne Zuniga.				Bones (HDTV)		NCIS
		620	523	40	BVO	Shumka's Cinderella		Baby Ballroom		Mozart Decoded		Hamlet Development.		Law & Order
		601	562	41	SLC	Rich Bride Poor Bride		Nearly Dead	Newlywed	Tori & Dean: Home		Love Inc.	Love Inc.	ET Canada
		522	506	43	HIS	Battle-Somme	Last Soldier	Greatest Tank Battles		Lost Worlds (HDTV)		Shockwave (HDTV)		Tank Battles
		625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jo Koy: Don't Make Him Angry		Daily Show
		600	564	46	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters	House Hunters	Holmes-Homes
		294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Monica: Still	Monica: Still	Seinfeld	Name Is Earl	Law & Order
		576	582	49	BET	106 & Park		*Lean on Me* ★★ (1989, Docudrama) Morgan Freeman, Robert Guillaume.				Keyshia Cole	Keyshia Cole	Mo'Nique
		627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*SS Doomtrooper* (2006, Science Fiction) Corin Nemic.				Stormworld
		581	566	52	MTV	Peak Season	Cribs	Cribs	Parent Control	Made	Buried	Buried	MTV Cribs	MTV Live
		618	524	54	TROP	Re-Vamped		Parking Wars	Parking Wars	Flipping Out		Launch My Line "Finale"		Prod. Parker
		603	561	56	FOOD	Ricardo	David Rocco	Restaurant Makeover		Top Chef Masters		Pitchin' In	Glutton	Restaurant
		261	394	60	V	Murder, She Wrote		Eyes Down	Wait for God	Blue Murder		Unscripted (N)	Archaeologist	Poltergeist
		621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
		553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Bucket-Dinos	Little Bear	Toopy & Binoo	Max & Ruby
		526	507	249	VIVA	Cold Case		Missing A pop star disappears.		The Closer (Part 2 of 2)		Cold Case		Mediums
		300	601	301	M1	*The Promotion*	The Pacific	Sanctuary (HDTV)		Spartacus: Blood and Sand		Diary-Call Girl	Tracey Ullman	La La Land (N)
		305	612	306	PIX	*Sunset Boulevard* ★★★★ (1950, Drama)				*Elizabeth* ★★★ (1998, Historical Drama) Cate Blanchett.				*Thelma-Louise*
		520	146	-	DISC	Daily Planet (N)		MythBusters		Dirty Jobs (N)		Motor City Motors (N)		Daily Planet
		637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
		605	-	-	FASH	First Class All the Way		FashionTele	RAW	Canada's Next Top Model		Scoring With the Stars		1st Class Way

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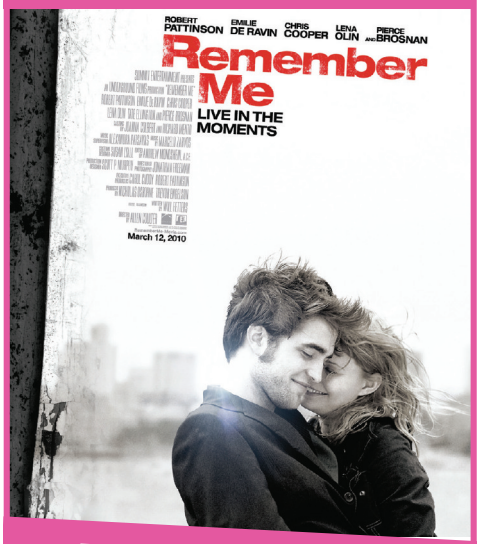

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The ins and outs

Chynna Phillips, of the pop group Wilson Phillips, has checked out of the facility where she was being treated for anxiety, her manager, Lizzie Grubman, tells people.com. METRO NEWS SERVICES

Celebrity Buzz

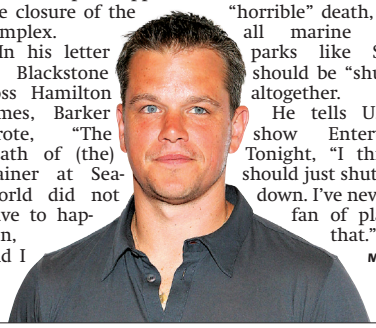
Freeing (fierce) Willy

YEAH, STRANGE THAT PEOPLE THINK A WILD ANIMAL SHOULD BE, YOU KNOW, IN THE WILD. Hollywood star Matt Damon has thrown his support behind a campaign to close down SeaWorld in Orlando, Fla., after the tragic death of a killer whale trainer at the theme park on Wednesday, femalefirst.co.uk reports.

Dawn Brancheau, 40, was killed by orca Tilikum during a show with the mammal at the city's SeaWorld aquarium.

Animal rights campaigners at the People for the Ethical Treatment of Animals (Peta) have teamed up with U.S. showbiz veteran Bob Barker to write to SeaWorld owners The Blackstone Group and appeal for the closure of the complex.

In his letter to Blackstone boss Hamilton James, Barker wrote, "The death of (the) trainer at SeaWorld did not have to happen, and I must appeal to you to take strong action now so that it never happens again."



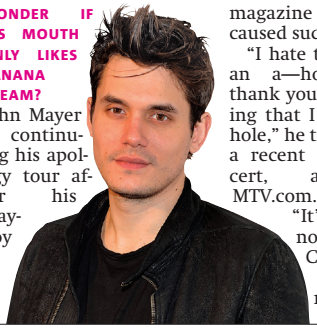
Damon has now voiced his shock at the trainer's "horrible" death, insisting all marine mammal parks like SeaWorld should be "shut down" altogether.

He tells U.S. news show Entertainment Tonight, "I think they should just shut them all down. I've never been a fan of places like that."

METRO NEWS SERVICES

Munching on humble pie

WONDER IF HIS MOUTH ONLY LIKES BANANA CREAM? John Mayer is continuing his apology tour after his Playboy magazine interview caused such an uproar.



"I hate to come off like an a—hole ever, and thank you guys for believing that I am not an a—hole," he told the crowd at a recent New York concert, according to MTV.com.

"It's a clean me now, people. Clean me."

In the infamous interview, Mayer repeatedly used racial slurs and compared ex-girlfriend Jessica Simpson to sexual "crack cocaine."

"Never, ever, in my entire life did I ever think that it would be a good idea to be an a—hole," he added.

"But you know what? There's plenty of a—holes who think the same thing, so I have to thank you."

METRO WORLD NEWS

Just a little to the left ...

MIRACLES CAN HAPPEN, RIGHT? We've heard of "bringing the roof down" at parties, but we're pretty sure it's not a good sign when the roof actually collapses, popeater.ca reports.

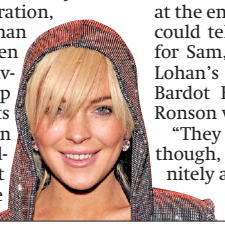
A party celebrating the Jewish festival of Purim was interrupted Saturday night when ice shattered a glass atrium of Sony Plaza in Manhattan. TMZ reports that celeb guests Chris Noth, Nicole "Snooki" Polizzi and Vinny Guadagnino were not injured.

Just after the alarming accident, Snooki tweeted, "It's okay Vin and I are still alive ... Omg roof just collapsed at the purim event! We thought the dj was beatin the beat hardcore but nope, the roof couldn't handle snooki and vin ..."

METRO NEWS SERVICES

Lindsay just doesn't know how to quit her

OR THE BOOZE After fessing up to her past drinking and drug problems and saying she now only drinks in moderation, Lindsay Lohan has been spotted living it up three nights in a row in L.A., including a night out to see ex-girlfriend Samantha Ronson, according to People magazine.



"She wouldn't leave, and at the end of the night, you could tell she was waiting for Sam," a source says of Lohan's visit to nightclub Bardot Hollywood, where Ronson was deejaying.

"They never talked at all, though, and Sam was definitely avoiding (her)."

METRO WORLD NEWS

Stay behind the velvet cord

PARIS DIDN'T WANT THE VIP SECTION IN HER OWN HOUSE TO BECOME TOO CROWDED Though her birthday was back on Feb. 17, Paris Hilton kept the celebrations going for nearly 10 days, capping off her birthday week with a massive Studio 54-theme party at her L.A. home Friday, according to E! News.

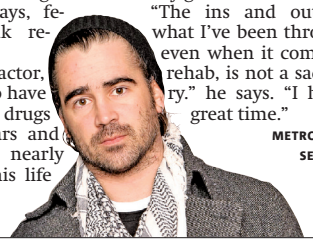
Guests included boyfriend Doug Reinhardt, sister Nicky Hilton and her boyfriend, David Katzenberg, Hayden Panettiere, Brandon Davis and Paris' parents. The former Simple Life star spent most of the night in a designated VIP area.

METRO WORLD NEWS

Drinking is a thing of the past

SO IS A HEALTHY LIVER Colin Farrell doesn't regret his wild child days, femalefirst.co.uk reports.

The Irish actor, who claims to have not touched drugs for three years and alcohol for nearly two, insists his life is not a "sad story" and has many great memories.



"The ins and outs of what I've been through, even when it comes to rehab, is not a sad story." he says. "I had a great time."

METRO NEWS SERVICES

Marie's son commits suicide

DEPRESSION IS A SERIOUS MENTAL ILLNESS Michael Blosil, the 18-year-old adopted son of Marie Osmond, committed suicide Friday by jumping to his death from his Los Angeles apartment, the performer announced. "My family and I are devastated and in deep shock by the tragic loss of our dear Michael and ask that everyone respect our privacy during this difficult time," Osmond said in a statement.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

LILY ALLEN goes about ending a feud with Courtney Love the wrong way, **ELLIOTT YAMIN** reports live from the Chile earthquake, and **NATHAN FILLION** is concerned about your health.

@lilyroseallen i would never fight with her, as a rule i don't pick on crazy old ladies.

@elliottyamin Huge earthquake just now in Chile!!....I swear I thought this was the end of my life!!!!!

@NathanFillion So many folks have Olympic Fever. I'm just glad it's not Olympic Herpes.

METRO NEWS SERVICES

Gatorade: Is it in you?

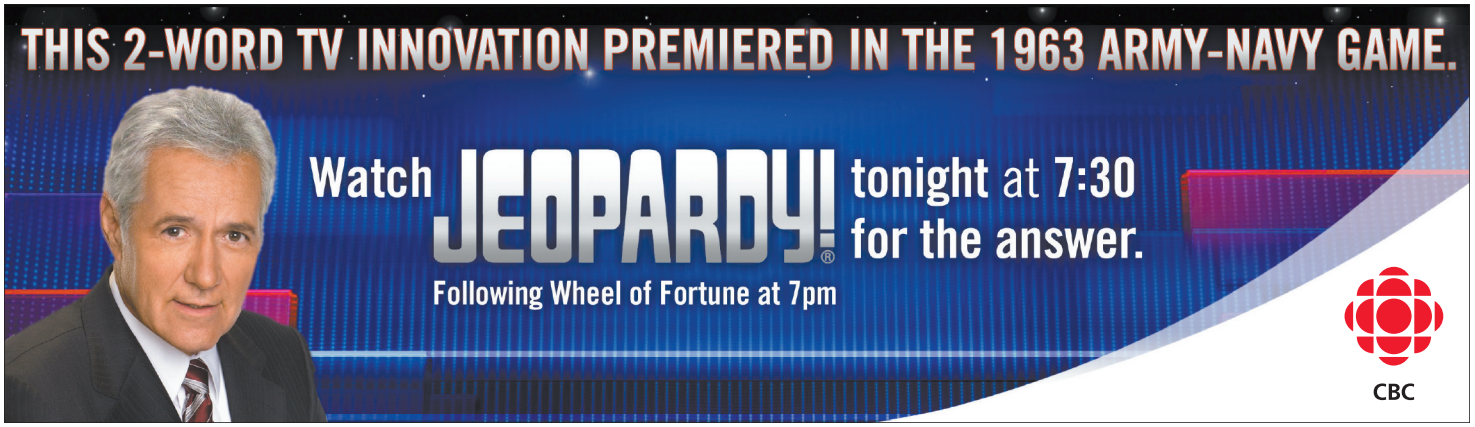
NOT ANY MORE, IT AIN'T A week after his public apology for cheating on his wife, Tiger Woods was dropped by big-time sponsor Gatorade, according to Golf Digest.

The sports drink company reportedly canceled a five-year, $100 million contract it had entered into with Woods in 2007.

"We no longer see a role for Tiger in our marketing efforts and have ended our relationship," said a Gatorade statement.

"We wish him all the best."

METRO WORLD NEWS



The Weather Network
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Today
Partly cloudy
1° / -3°

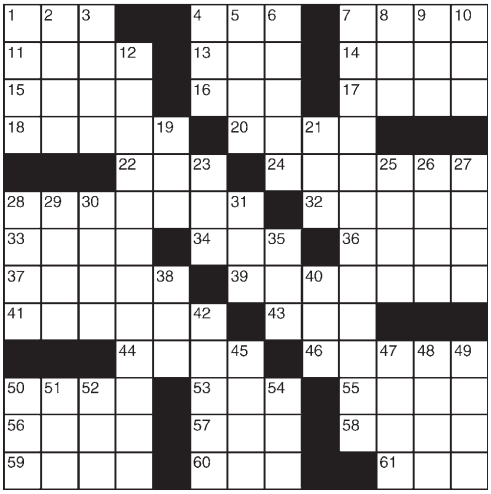
Tuesday
60%
Flurries
1° / -2°

Wednesday
60%
Flurries
2° / -4°

PROUD TO BE ONE OF CANADA'S 50 BEST MANAGED COMPANIES.

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5		4		9	8			3
	9		3					4
	6		7				1	
1							2	
		3	5		2	8		
	2							7
	3				4		8	
2					9		6	
8			2	5		7		

ACROSS

1 Attorneys' org.
4 Faux —
7 Frizzy hairdo
11 Old Italian money
13 Illustrations
14 Cattle rancher's device
15 Suitcase
16 Kids' card game
17 Frogs' hangout
18 Rework
20 Loutish one
22 Fish eggs
24 Not tardy
28 Rocket launcher
32 Banish
33 Vicinity
34 Recede
36 Persia, now
37 Alder or hazel
39 Remark
41 Island greetings
43 Bikini half
44 MasterCard alternative
46 Wields a teaspoon
50 Mary's follower
53 Paid player
55 Fix a manuscript
56 "American —"
57 Author Fleming
58 Say it isn't so
59 Nitwit
60 Nay undoer
61 Get older

DOWN

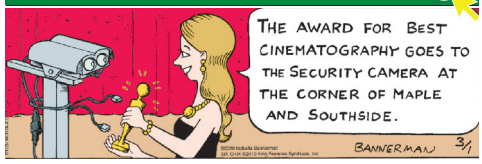
1 Seaweed, e.g.
2 Shuttlecock
3 Met melody
4 Dog's foot
5 Speedy steed
6 Razor sharpener
7 Came close to
8 To and —
9 Texas politico Paul
10 Peculiar
12 Easy to meet or deal with
19 As well
21 Raw rock
23 — out a living
25 Swampy terrain
26 Blueprint
27 Bivouac shelter
28 Rum cake
29 Seed coat
30 Nil
31 1970 Jackson 5 hit
35 Go up and down
38 Scenery chewer
40 "— Miniver"
42 Old photograph color
45 Picture of health?
47 Concept
48 Boxing venue
49 Eyelid woe
50 Cover
51 Commotion
52 Swabbie's prop
54 Washington's bill

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	1	7	4	6	9	2	8	3
9	4	6	8	2	3	5	1	7
2	3	8	5	7	1	9	4	6
7	8	9	1	3	2	6	5	4
1	6	2	7	5	4	8	3	9
4	5	3	9	8	6	7	2	1
6	2	1	3	9	5	4	7	8
3	7	5	6	4	8	1	9	2
8	9	4	2	1	7	3	6	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Ham 'n' Pea Soup

INGREDIENTS:

2 tbsp (25 mL) olive oil
1 large onion, chopped
2 3/4 cups (675 mL) frozen peas
3 cups (750 mL) chicken stock
7 oz (200 g) cooked ham, diced
3 1/2 oz (100 g) reduced-fat soft cheese
1/2 tsp (2 mL) freshly grated nutmeg

METHOD:

1. Heat oil in large pot and fry onion gently 5-6 minutes to soften.
2. Stir in peas and stock, and bring to boil. Reduce heat, cover and simmer 5 minutes. Season lightly.
3. Put soup in food processor and whiz to fairly rough purée. Add ham and return to pot. Heat until boiling.
4. Add soft cheese and stir gently until just melted. Ladle soup into bowls and sprinkle with nutmeg. Serve with soda bread or crusty bread.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!
Reader's Digest
HEART ATTACK!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Dramatic developments will take place in your neck of the woods, but they will leave you untouched. Don't question your good fortune, just enjoy it.

TAURUS
APRIL 21-MAY 21
The pen is mightier than the sword. It will more likely be true if you refuse to get angry when confronted by other people's stupidity and selfishness.

GEMINI
MAY 22-JUNE 21
Something you overhear in casual conversation could lead to a wonderful opportunity today, so keep your ears open.

CANCER
JUNE 22-JULY 22
You don't have to reveal your deepest feelings to other people but it will certainly pay you to open up a little more than usual.

LEO
JULY 23-AUG 23
We all make mistakes and today's cosmic picture means you must be ruthless with yourself — but in a positive way. Forget about the past.

VIRGO
AUG 24-SEPT 22
Take control of your life. Refuse to let anyone make decisions for you. You know what you want and you know how to get it.

LIBRA
SEPT 23-OCT 23
You will have to make some difficult decisions over the next few days. Do what has to be done, then put it out of your mind and get on with your life.

SCORPIO
OCT 24-NOV 22
There are certain issues that get your pulse racing and your blood boiling and one such issue will set you off today. Be passionate but make allowances too.

SAGITTARIUS
NOV 23-DEC 21
You will create something wonderful over the next seven days. The current cosmic climate is especially good for writing and speaking, so don't be shy.

CAPRICORN
DEC 22-JAN 20
Focus your energy in one particular direction today. If you try to do more than one thing at a time you will find that you don't actually accomplish very much.

AQUARIUS
JAN 21-FEB 18
If you say too much today it could cost you. Certain information must be kept to yourself, at least until you have had a chance to evaluate it.

PISCES
FEB 19-MARCH 20
Do you approach tasks in a traditional way? The planets suggest that if you try something new you will discover you enjoy upsetting the status quo.

This day in history

1838: Lower Canada Rebellion: Robert Nelson, leader of the Patriotes, proclaimed the independence of Lower Canada.
1854: The Republican Party of the United States is organized in Ripon, Wisc.
1922: The United Kingdom accepts the independence of Egypt.
1935: DuPont scientist Wallace Carothers invents nylon.
1991: The first Gulf War ends.
1993: Bureau of Alcohol, Tobacco and Firearms agents raid the Branch Davidian church in Waco, Texas with a warrant to arrest the group's leader David Koresh. Four BATF agents and five Davidians die in the initial raid, starting a 51-day standoff.

METRO NEWS SERVICES

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TICO

Introducing 16 apps that need no introduction.

Nike Master Control
Free • Looking to improve your soccer skills this year? This elite Nike training app features instructional videos from FC Barcelona coaches. Get tips on ball control, see drills the pros use and even learn some of their signature moves.

Maclean's
Free • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

CBC Hockey
Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis
Free • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

Disney
Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

Air Canada
Free • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

NFB Films
Free • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

LEGO
Free • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

The North Face
Free • Before you hit the slopes, pocket this comprehensive resort guide from The North Face. Get trail maps, forecasts, check current snow conditions – from St. Anton to Zermatt.

L'Oréal Paris
Free • Want to know what colours suit your skin tone, or how to apply the perfect lipstick? It's all here on your iPhone. Just tap for make-up tips, skincare information and video demonstrations.

eBay
Free • Put the world's top online marketplace on your iPhone. Search for new stuff and place that last-minute bid even when you're nowhere near your computer.

CBC Radio
Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favourites list for quick access to the programs you love.

Scotiabank
Free • Canada's most international bank – on your iPhone. Get the details of any branch and check opening hours. Tap to call or use your iPhone's GPS to find your nearest ABM.

Facebook
Free • If you love Facebook, you'll love having it on your iPhone, where you can check status updates, post comments, tag photos and upload videos when you're out and about.

BMW
Free • Now you can have the BMW experience at your fingertips. Watch a regularly updated collection of videos from prototypes to classic designs, engineering to motor sport.

ESPN
Free • Get instant scores and updates from one of the most reliable names in sports. ESPN's personalized scoreboards let you organize by sport and team so you can follow your favourites wherever you are.

It's amazing who's on the iPhone these days, from Air Canada to Disney, BMW to The North Face.
There are over 140,000 apps for just about anything, only on the iPhone.

Bell | iPhone 3G S

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